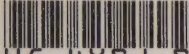


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The Skin

and

SKIN QUACKS

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# THE SKIN

AND

## SKIN QUACKS

BY



J. GOWING-MIDDLETON, M.D.

*Author of*

*Traitement de l'Epilepsie Essentielle par Ligature  
Simultanée des Artères Vertébrales ;*

*The X Rays in Medical and Surgical Practice ;*

*The Health Resorts and Baths of Europe  
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## *Preface.*

I N publishing this book, I have been guided by a desire to draw the notice of the medical profession generally to the need there is of giving more attention to some slighter skin affections which up till now have been left to the "Skin Quack," and the professional Beautifier, often to the injury and cost of their clients.

The great number of these charlatans is ever increasing; they surround their art with the mystery which always appeals so strongly to the imagination, and they pretend to possess secrets from the Eastern Lands, and are supposed to know of remedies, effect cures, and to do many wonderful things.

There is no mystery at all about the subject, what poses as mystery is merely vulgar and ignorant pretence.

Fifty years ago, *soi-disant* Cancer curers

were very numerous, they surrounded themselves and their practices with the same sort of mystery, but fifty years' advance in science has caused them practically to disappear with all their vaunted and secret nostrums. Sufferers no longer seek for a Cancer quack, trusting to his promises, but they consult at the outset the best medical authorities, and rely on their advice and help: the public now knows the ignorant Cancer quack to have been a fraud.

So any defects of the skin can be dealt with by the practical physician, and by absolutely scientific methods, which give the patient every guarantee of safe treatment: such as could not be given by, nor expected from, a "Skin Quack," and I have in these pages attempted to show that anyone who considers this subject from an unbiassed and intelligent stand-point, will undoubtedly recognize the wisdom of only consulting properly qualified and scientific practitioners in such matters.

J. GOWING-MIDDLETON.

## *Introduction*

THERE are a number of affections or conditions of the Skin which, while they have not been closely studied generally, are nevertheless often definite pathological conditions. If a lady tells her doctor that she is annoyed to find that her skin is not so clear as it ordinarily is, or if a man consults his medical man about some spots on his face and body, unless there is some regular and well known SKIN DISEASE, with very few exceptions the physician will pooh-pooh the matter, will not investigate it, or seek further for its cause: this is I think, to some extent, the explanation of the existence of the host of "Skin-Quacks" who flourish in every large town in England, the United States, and on the Continent, for people are often heard to say, "Doctors really don't understand these things."

Many of the slighter Skin affections are passed over by the regular practitioner as being out of his way, or beneath his dignity to trouble about. And so the lady who is worried about the abnormal yellowness of her Skin, or the man with his blotches, are thrown into the hands of the many charlatans who are always on the look out for such customers.

The smallest indication of any abnormal state is worthy of the Physician's attention, and if there is any condition to be remedied, then he is the proper person to deal with it: no doubt but that a great many practitioners are too busy, and being constantly occupied with more serious cases, have not the time at their disposal for the investigation of such cases: which are indeed often necessarily tedious and requiring ample time at command.

In such cases it is, I think, a preferable plan to refer them to some other medical man, rather than to leave them to fall into the hands of the professional Beautifier.

Thirty years ago it would have been

thought a piece of downright Quackery to have professed to find in the finger nails, both as to their shape and texture, indications of real Diagnostic value, yet to-day no well educated medical man would venture to deny the great value of these confirmatory signs of certain forms of Organic mischief.

It is not in the well known skin affections, which every practitioner at once recognises, but it is just in these ill defined, but none the less annoying, slighter affections that there is a want of clear and definite conception of the importance of proper treatment.

A patient often suffers more, morally, from the scaly, rough, baggy state of the skin than from the pain of some acute disease and it is as unfair as it is unsympathetic, to ridicule a patient as being a vain or silly person, because of a desire to have a clean and *healthy* skin.

If these conditions were dealt with in a more scientific manner generally, and treated in the same way that slight attacks of Dyspepsia, or other simple ailments (frequently of far less annoyance



to the patient) are generally treated, there would probably be fewer "Skin Quacks" in the world.

The appearance of the skin will often reveal to the medical mind the existence of Chronic Gout, Acidity, and a host of other abnormal conditions which no good practitioner passes over as being of no importance, but an abnormally dry skin, spots, or pimples, bagginess, and wrinkles, which often are a most important index to the mental state or to the state of the general nutrition, are often passed over, merely because they do not impress the mind of the physician as being sufficiently important for him to prescribe for, though it must be evident that they could only be present through some abnormal changes in the integumentary structure itself.

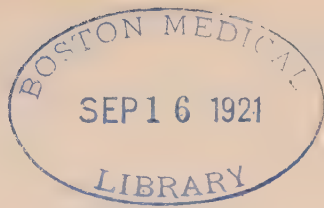
The second object I have in view in discussing this matter as fully as possible, is the hope of preventing people from placing themselves in the hands of quite ignorant persons attracted by their mendacious advertisements. If one could believe one quarter of their statements one would be forced to believe that

nearly all the highly placed, and fashionable Society women are, or have been, their clients—which is by no means the truth. Some of these advertising Quacks may perhaps be well intentioned and even have some rudimentary knowledge of Dermatology, but the vast majority of them know quite well that they are but ignorant and unscrupulous persons, preying on the ignorance or credulity of their clients, absolutely without scientific training of any kind, knowing nothing of Physiology, Anatomy, or Chemistry, and without such real and competent knowledge they can cause very serious injury to the patient's skin, and, as I shall show later on, they have done so, in several cases within my knowledge.

Some mineral substances entering into the composition of face powders will, when absorbed by the skin, give rise to constitutional disturbance of a more or less severe character. With this I shall deal when I come to the question of face powders; I merely wish to point out here, that applications to the skin of the face, or the general surface of the body are

not so harmless as the unthinking public suppose, and if by these pages I am able to awaken a greater interest on the part of the profession to these matters, and if I am fortunate enough to deter people from placing themselves in the hands of "Quacks," and risking injury to their skin by the employment of vaunted nostrums—in the form of Crèmes, Lotions or Powders, I shall be content.

It is high time to call attention to this matter since the habit of applying some sort of powder or other to the face is now a universal practice among all classes of people, regardless of what its composition may be and the risk they may incur in the use of these various so called "Beautifiers," or "Skin Improvers."



## CHAPTER I.

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### THE STRUCTURE OF THE SKIN.

**B**EFORE we can study the causes of skin deterioration, and the scientific method of its treatment, we must have a clear conception of its structure and physiology.

The skin covers every part of the surface of the body, and protects the deeper tissues from injury.

There are, however, great variations in its thickness, as for instance the skin of the palms of the hands is very much thicker than that of the face and neck; but whatever its relative thickness or thinness may be, the relation of the different layers to one another, of which it is composed, is always the same. This brings us to the question of the "Structure of the Skin."

The skin is composed of two principal layers, termed the cuticle, or scarf skin,

and the corium, or true skin. The scarf skin is formed of many layers of agglutinated cells which cover and protect the true skin beneath it.

This superficial layer has no blood vessels in it; it is not elastic, and it is being continually renewed, as the most superficial layers of flattened cells are constantly being thrown off from the surface.

Between these cells, under a microscope, are seen fine channels by which nutrient material is carried to nourish them.

It is quite remarkable how active cell life is, in this superficial skin, and cell formation goes on at a very rapid pace. If a microscopic slide is held close, and at right angles, to the surface of the skin, and the surface of the cuticle is slightly scraped, a number of flat cells will be found on the glass, which can be easily examined by a low power microscope, or lens, and one realises in what great numbers these cells are being removed by the normal wear and tear of life, and as constantly renewed from the deeper layers.

The closer the skin is studied in this relation, the more wonderful and perfect



will the laws governing and regulating loss and repair of the human body appear to be.

Immediately below this superficial cuticle, or scarf skin, lies the corium, or true skin, in which the blood vessels ramify, and in this layer tactile sensibility lies. It is in this true skin, covered and defended by the non-vascular cuticle, in which the changes which lead to skin deterioration, and disease, commence. It will be at once apparent to every intelligent person that it is to this deeper layer that our attention must be directed; and we must know its physiology before we can accomplish anything in the way of scientific treatment of skin affections.

We have seen that the skin is composed of two layers; it is also attached to the soft parts beneath it by a layer of areolar tissue which, except in certain situations, contain fat cells; the skin is loose and movable in many parts, while it is fixed and firm in some others. The looseness and elasticity of the skin vary greatly in different individuals. In the palms of the hands and the soles of the feet it is firmly attached to the tissues below by numerous

strong fibrous bands; while in other regions, as about the neck and under the chin, it is remarkably elastic and loose.

The corium is made up of a tough interlaced connective tissue framework, with blood vessels and lymphatics.

The fibres are chiefly of the white variety, but mixed with them also there are numerous elastic fibres, which are found in all parts of the skin; the areolar layer, of which we have already spoken as lying below the skin, is very intimately blended with it; and the under free surface of the corium, which, lying close to this layer, becomes interlaced with it. Here the skin is more loose and supple than in the superficial layers, where it lies close to the cuticle, for the skin is more fibrous and dense in its upper surface than in any other layer. This is of great importance to keep in mind.

The subcutaneous or areolar layer, with its fat cells, is of great interest when we consider that it is this tissue chiefly which gives the contour to the face and figure, and rounds off the angles and prevents pressure.

I may here remark that the skin of the

female is finer and more elastic than that of the male.

The free surface of the corium is marked with furrows which appear on the surface of the skin. They are seen at the bend of the joints, and in the palms of the hands and feet, and the flexures of the fingers and toes. These lines, however, are not due to the frequent folding of the skin, by the action of the muscles in bending the joints, since they exist in the new born infant. Wrinkles, which appear in the skin from the wear of life, and old age, are entirely different, and are caused by the frequent folding of the skin by muscular action, as well as by the wasting of the soft parts which the skin covers, and above all by the degeneration of the elastic fibres in the skin itself.

In the skin are a number of sweat glands, fat clusters, and hair follicles. The blood vessels are very numerous, and as they come close to the surface they divide into many fine branches, and finally form a dense network of capillaries immediately under the cuticle.

The nerves of the skin are also numerous. Such is the skin of the human body.

In view of what one may have to say further on, it is very needful to remind those who are interested in the question of skin treatment in special relation to the skin of the face, that in the face the skin is finer and much more richly supplied with blood vessels than almost any other region of the body, and its colouring depends directly on the number, the fineness, and the healthiness of these blood vessels, which, seen through the delicate cuticle, gives the peach-like colour to the complexion, so much sought after by all white races.

There are of course very great differences in individual appearances: not everyone can be called beautiful, even in youth. Some people have a thick skin, others a harsh, dry patchy one; there is the colourless skin of chronic ill health, and the sallow, muddy complexion of the lymphatic temperament, and there is the coarse, pimply skin, and the greasy looking skin, and a number of other skin appearances which are not beautiful to look at, and which cause often a great deal of distress to those who have the misfortune to possess a less beautiful skin than many

of their more fortunate friends or neighbours.

These conditions depend often less on the original or natural fineness or coarseness of the integument than on a long continued state of neglect of the general laws of health, or on various other errors of either diet, habits of life, or special influences which surround the life of the individual.

This part of the subject must be left for a future chapter; but it must be remembered that, in speaking of the facial skin, it is not merely the skin itself, but also the muscles which it covers that have to be kept in mind, if we want to understand how it comes that the skin of the face becomes more often, and more early, deteriorated than the skin on any other parts of the body.

There are a number of small muscles which are called the muscles of expression, and on which the whole expression of a person's countenance depends, lying immediately below the skin, the action of which—their healthiness or debility, the presence of fat cells, or the wasting of these muscles—are among the chief



causes of a haggard, "used up," and wrinkled appearance, and the look of approaching old age.

These muscles of expression are inserted into the under surface of the skin, and by their other extremity are attached to the bony part of the face.

Anyone who has given the matter careful and special attention is able to tell often by the lines and facial furrows what has been the key-note of the life of an individual: whether joy or sorrow, bitter disappointment, bravely borne trouble, or a long, tranquil, happy existence. All leave their special mark on the face, which the initiated can interpret. Who has not remarked the drawn expression, and deep lines around the mouth, of those whom fortune has badly treated in life; or the "crow's feet" at the outer angle of the eye socket of those who have lived at full pressure, or who have drunk to the full the cup of pleasure in the summer of life; or others who have tasted also its bitterness so keenly that its effects remain marked on their faces?

The skin is directly affected by these mental and physical states, because it is

thrown into folds by the contraction of the muscles of expression which lie immediately beneath it.

Frequent and long continued contraction of one particular muscle, or group of muscles will in time produce lines, folds, or wrinkles, in the facial skin; so that the habitual use of, and contraction of, one muscle will in time produce marked lines and furrows in that part of the face which it acts upon, and it is thus we can read the countenance of an individual: his mental state or thoughts. We can also see by the action of certain facial muscles the expression of hope or fear, joy or sorrow, despair or love, astonishment, hate or confidence.

The contraction of the upper part of *Orbicularis Palpebrarum* will give the expression to the countenance of reflection, while that of the *Pyramidalis* imparts that of menace and aggression; and the many other muscles of this group will give rise to a vast number of equally marked, combined, or differentiated expressions, which by frequently throwing the skin into folds during long periods, will in time cause wrinkles and lines in

it. From this it will be perfectly clear that the commencement of lines in the face is not due to one cause only, but to many complex causes, and having their origin not in the skin primarily alone, but in the tissues beneath it.

Those people who look the youngest and the freshest, in spite of years often of worry and trouble, have probably a greater proportion of elastic fibres in their facial skin, which, by their contractility and healthy condition, save the skin for a longer period than usual from being wrinkled and deteriorated by the wear and tear of life, its inevitable worries of one kind or another, its work or its follies, and from the ravages of time.

## CHAPTER II.

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### CAUSES OF SKIN CHANGES AND DETERIORATION

IT has already been pointed out in the preceding chapter that the skin contains two different sets of fibres: white non-elastic fibres, and elastic fibres. This elastic tissue also enters into the structure of the fine arteries, as well as lying around and between them, and thus controls and assists the flow of blood through the capillaries; these elastic fibres are then of the greatest importance in view of the nutrition of the skin.

It has been already shown that the corium, or true skin, is very richly supplied with blood; it must be equally clear that anything interfering with its supply or its quality will cause changes in the skin, deterioration, and disease. This is an unquestionable fact, as the every day experience of medical men prove; while

the facial skin, in addition to the fact that its blood supply is much greater in proportion to that of the trunk or limbs, is also very greatly affected by the action of the muscles which have been already mentioned, and which lie immediately beneath it, and which depending upon the mental state chiefly, may be considered as an additional factor of deterioration due to nervous causes.

There are some skin affections which up to now have not been thoroughly understood. Their origin and actual causes have so far escaped us, but they probably are due to some interference with the normal nutrition of the skin, either through its whole thickness, or as affecting some of its layers only; while others are perfectly understood and well known, and recognised as being of a Vegetative Parasitic nature, such as the fungus of the *Herpes Tonsurans*, and the *Pityriasis Versicolor*.

These are believed to exist because they find in an altered nutrition a suitable soil in which they can develop and grow.

The condition of the blood is of the first importance to be considered in this connection: an acid state of the blood



will give rise, as in chronic gout, to a distinct and special class of cutaneous affections, of which eczema is the most common, the most marked and troublesome variety.

It sometimes appears on the trunk and limbs as a red and very irritable eruption, sometimes in small vesicles, sometimes as cracks and scaly patches on the skin.

It is very common to see the skin of the face red, dry, and scaly from this cause. It is a very irritating affection, and when it affects the skin of the back it causes great discomfort and distress; but whatever its form, or character, or site may be, it is believed to arise from the same cause, which is due to the presence of uric acid in the blood, which interferes in some way with the nutrition of the cutaneous tissues; and when it is kept in mind that the extremely fine channels of which we spoke in the last chapter, which convey the nutritive plasma to the delicate cells of the skin, must necessarily be so readily affected by the least change or departure from the normal composition of the blood, it is quite easy to see how readily a constitu-

tional disease like gout will affect the skin and lead to its deterioration and disease ; though it is doubted by some writers whether Gout causes Eczema, and they incline to the idea that though eczema exists very commonly in gouty people, yet it does not cause it, but exists independently.

There are other diseases caused by a constitutional poison which are perhaps less common than Gout, but the manifestations of which are still more to be dreaded as affecting the skin. It is very remarkable how many cases of skin trouble there are which are traceable to this constitutional poison, and which have been mistaken for other affections ; and it must not be forgotten that the patients themselves may be really ignorant of the fact of having been infected by this disease.

There are many people, also, who appear to have an hereditary tendency to a certain form of skin affection ; and in many cases which I have seen, where the cuticle appears to be more easily thrown off than is normally the case, there seems to be an undue instability of cell life in the superficial layers, and it is,

I believe, some inherent defect in the composition or quality of the cement-like substance which holds these cells together, or to a less perfect nutrition than normal; probably, too, the nervous temperament has something to do with it, since I have seen it more frequently by far among patients of a highly-strung nervous temperament than among others. All these conditions may be called constitutional, or predisposing, causes of cutaneous affections and skin deterioration.

There are various other conditions which are, however, depending on the condition of the digestive organs; the use of certain articles of diet, or the employment of certain medicinal substances, the habitual use of highly-seasoned dishes, the absorption of considerable quantities of alcohol particularly, and in many cases eating fish will cause redness of the skin of the face, or an eruption all over the body. These are some of the exciting causes of skin affections, both temporary and chronic.

Nothing is more important to persons suffering from any skin trouble, or any tendency to skin affections, than to follow

a very carefully regulated diet, especially adapted to their case. A clear and satin-like skin may become rough and coarse looking, and the complexion sallow and unattractive, from causes entirely removable and curable.

Chronic constipation is a very frequent cause of yellowness of the skin, while badly cooked food, and especially meat which is not perfectly fresh, will often give rise to unsightly blotches on the face and other parts of the body. Nettlerash is often due to some such cause, both in its acute and chronic forms, and habitually drinking iced water will also cause a patchy skin.

To attempt to treat any skin affection, whether it is a well-known disease, like Psoriasis, or a wrinkled, muddy, used-up looking condition of the facial skin, would be both useless and absurd without first carefully studying the causes of the mischief and investigating the habits, the dietary and history of the patient's previous health.

It is true that marvellous things can be done by science, and have been indeed accomplished by beginning at the right

end of the subject; but nothing can be more ignorant or more like to aggravate the existing deterioration of the skin than to apply a crême or paste or solution of any kind, as is commonly done by the great host of Skin quacks—as though covering up an unsightly or sallow complexion by powder or colouring matter will do anything more than add to, or aggravate the original defect—when the first thing to do is to get at the cause of the affection and remedy that, then at the same time any local or topical application may be with advantage used which is suitable for the case. This is the only way, for no benefit can be derived from any application of a permanent or pronounced character otherwise. Certain medicinal substances, such as Iodine of Potash, the Bromides, and many other drugs, will cause Maculation of the skin, Pimples, and various other forms of eruption which disfigure the patient, as well as cause annoying irritation to those specially susceptible to their action; but these cease as soon as the drug is discontinued, and are not skin affections in the true sense.

My friend and colleague, Dr. Suzor, of Paris, has furnished me with two very interesting cases which occurred in his own practice, in which the use of Arsenic in ordinary doses continued for several months, caused a very marked bronzing of the skin by deposition of the metal in the cells of the tissues. So dark, indeed, that in one of the cases the mother of the patient thought that the nurse had not properly washed the patient, and undertook to remove the unsightly appearance by washing with soap and hot water. But she discovered that the dirty appearance was *in* the skin, and not *on* its surface. The doctor was consulted, the Arsenical medication was stopped, and the patient's skin regained its soft, clear, healthy appearance again.

In the second case, a lady who had been taking a well-known mineral water containing Arsenic, began to have a very discoloured skin; it looked dirty and in places was very brown. She consulted Dr. Suzor, and by his advice discontinued to take the water, with the result that in a few weeks her skin gradually began to recover its normal appearance.

I quote these two cases from the practice of my excellent *confrère* as being of great practical and clinical interest. I might give similar cases, but it is, I think, sufficient to have mentioned these two to point out the fact that medication may sometimes give rise to changes in the skin appearance, due probably to some modification of its nutrition, which might not be attributed to its true cause unless one's attention was called to this point. Another factor in deterioration of the skin is one which has been so far scarcely studied up till now: this is the effect of Atmospheric and Climatic conditions on the cutaneous surface. No one can have helped remarking the freshness and youthfulness of people, often past middle life, who inhabit the most northern parts of our hemisphere. Contrast this with the dried-up, wrinkled appearance of those who inhabit the warm and sunny climes of the south of Europe, which gives the appearance of old age even to those who are yet comparatively young, and one cannot resist the conclusion that it is due to the temperature and dryness of the atmos-



phere; more particularly to its dryness, if it is kept in mind that the people of the southern climes live much more in the open air, winter and summer, eat largely of fruit and vegetables, and consume little alcohol in comparison with those who inhabit the northern latitudes. One would expect from these facts alone to find a people with a healthy and well preserved skin far surpassing anything to be found among the inhabitants of the Arctic or more northerly temperate regions; but, as a matter of fact, it is just the reverse of this.

Although the inhabitants of Norway, Sweden, and other countries lying far away to the North of Europe eat much more meat, fish, and consume a greater quantity of alcohol, and by reason of the climate live much more in houses often very badly ventilated, and in the extreme northern regions are deprived of sunlight during many weeks of winter, yet they have a fresh colour, the skin is supple and clear, and their general appearance is that of youthfulness. I have been astonished when in Norway and regions to the north of Europe,

to find men and women of forty-five or fifty, looking like young people of twenty-five; and on the contrary, in the South of France, in Italy, and in Spain, persons whom one found on enquiry to be thirty-five or even younger, had the appearance of old men and women. The same is true of those who inhabit high altitudes; in spite of the healthiness of the climate, the purity of the air, and the open-air life they lead, yet from the dryness of the rarefied air the skin shrivels up and faces wrinkle in very much the same way as in the warm southern climates. There is, then, some special reason for this. It is to be found in the dryness of the atmosphere principally. Let us study the causes of these conditions.

It has been already pointed out in a preceding chapter that the skin is very abundantly provided with fine blood vessels which are also largely aided in their function by elastic fibres which surround or lie amongst them; the skin is also constantly throwing off water in the form of insensible perspiration; moreover there are Sebaceous glands which secrete

a very special oily-like substance, which keeps the skin soft, supple, and helps it to resist atmospheric action.

Now the effect of atmospheric conditions in warmer climates and in high altitudes, and the evaporation from the surface of the skin, is very much greater than in the northern temperate climates. The dryness of the atmosphere also dries up the secretion of the glands of the skin, and in course of time the cutaneous surface becomes dry; then the skin shrivels, the elastic fibres lose their elasticity to a great extent, the fine blood vessels become also thickened, the capillaries get into a relaxed state, and above all the finest veins become less well emptied; their walls thicken, and the skin—particularly of the face, because of the number of its vessels—shows wrinkles and looks harsh, dry and old. The soft parts below also lose their fullness, and cause the skin immediately over them to become baggy and loose, from its lost elasticity.

The explication of the youthful appearance of those who live in the temperate northern regions is due to the reverse

of these Atmospheric and Climatic conditions. The colder air and the brisk winds and moist climate act as a stimulant to the capillaries of the skin, the circulation is more active through all tissues, and there is an absence of a drying quality in the air; the protective, slightly oily-like substance which covers its surface is not dried up and lost, the Elasticity of the skin is maintained, and in this way it is perfectly easy to account for and explain the reasons for these differences due to climatic and atmospheric conditions.

Now it must be perfectly clear that if residence in a warm, dry climate will so bring about cutaneous changes, then, in a modified way, living in hot rooms, and exposed to an atmosphere where the air is deprived of moisture will bring about the same results.

Who can help remarking the faded faces and unhealthy looks of those who, by inclination or by force of circumstances, pass much of their time in close rooms or in a heated atmosphere. No doubt that it is not in this case the drying effect alone of heated air which

causes the skin to become shrivelled, but also the fact that the general health may suffer from want of sufficient oxygen, but still it is one of the main factors in cutaneous degeneracy.

The high temperature at which many Americans keep their rooms and houses during a greater part of the year has, I am quite convinced, a very close relation to the loss of tone and colour of the skin, which is a source of constant regret and anxiety to so many American ladies.

## CHAPTER III.

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### THE EFFECT OF VARIOUS APPLICATIONS TO THE SKIN.

**I**T is extremely necessary that every one who applies any sort of paste, Powder, Crème, Lotion, Ointment, Wash, or other substance to the skin, whether a highly medicated preparation or merely some such simple thing as cold cream, should have a clear idea of the exact way in which it will affect the Cuticle; and it is just here that the ignorance of the public is the most complete. And skin “Beautifiers” are almost universally as ignorant as their clients of the scientific, ascertained facts of skin Therapy, but that does not deter them from using in any way, nor from selling, a number of things, Crèmes and other Cosmetics, which may or may not be injurious to the client’s skin.

I shall divide these various applications into three classes :

I.—Those which are quite harmless and, I may add, equally *useless*.

II.—Those which can do positive harm to the skin.

III.—Those which are purely medical and are only used for specific affections, well-known and recognised by every physician.

We will first study the effects of the so-called harmless applications, which are used by most women because, as they say, “They do no harm if they do no good”; and I will take as the commonest and simplest form of these: Crèmes, Vaseline, Cold Cream, and Lanoline, which, when disguised and pleasantly scented, are sold under very grand names, but the basis is always one of these three things.

If you will look closely at a healthy human skin through a lens, you will observe a great number of shiny points or facet-like surfaces or ridges, all distinct from one another, which, together with a number of very fine rudimentary hairs, give the glossy appearance to the



skin. These are the superficial Squamous cells of the Scarf skin. They will be found on further examination to be in various stages of development, some quite perfect, others less so, and some just ready to separate from the surface. It is these latter which impart to the skin its velvety-like appearance and touch.

The secretion of the glands of the skin moreover covers over these cells with a very fine slightly oily substance, as already stated, and which is composed chiefly of fat granules (*Olein* and *palmitin*), the function of which is to keep the skin supple and to protect it from the effects of Atmospheric changes and from irritation.

Now if any substance such as Vaseline, Cold Cream, or Lanoline, in any form, is used on the skin and its application is repeated very frequently, the most superficial layer (which I have said largely gives to the skin its velvety appearance) will be speedily removed, and the skin will quickly become unnaturally smooth and greasy looking, just like a Peach which has lost its natural bloom and which has been polished: all its naturalness

gone, and an unduly smooth artificial look takes its place.

It is perfectly easy to tell at a glance those faces which have been constantly subjected to this treatment. It is quite harmless to the health so far as any injury goes, but it is not possible to remove or remedy any skin defects by this class of application, and it only imparts in time a very "made up" look to the Cuticle of the face on which it has been used.

There are of course many cases where the skin is unusually dry, and cracks, or becomes rough, from exposure to wind; or where there may be excoriation chaffing or an abraded surface. In such cases it is a most proper thing to use, and will give great relief and comfort to the patient.

The use of medicated crèmes and drugs employed in any form externally are entirely in a different category. We will next study them.

There is much more to be said about this class of skin remedies than about those simple and harmless applications we have just discussed, for there is in

this class of medicated applications a vast range of possibilities, from mere temporary irritation of the cuticle to actual harm and permanent danger to the epidermal structure, and even to the patient's health and well being.

We must first consider in what way injury to the tissues of the skin may be caused by such applications. The common idea that the cutaneous surface can absorb water, or different forms of oily substances, when applied to it, is entirely erroneous. The skin cannot absorb water or any kind of greasy substance smeared over it, nor can any watery solutions of various mineral salts, or even vegetable poisons dissolved in water, be absorbed (Stirling) unless there is abrasion of the skin. The reason for this is plain. The fatty substance which is normally present on the epidermis and in the pores of the skin, protect it and act as a kind of thin waterproof covering to the cuticle; but if Alcohol, Ether, or Chloroform are applied to the skin, this protective fatty matter is dissolved and then absorption will rapidly take place. Chemical substances such as Mercury or Carbolic Acid,

Arsenic, and several other substances which corrode the cuticle, are readily absorbed into the circulation through Skin, and when the Epidermis has been removed (as for instance by a blister,) then absorption from surface is extremely rapid.

It is then certain that watery solutions and fatty or greasy matters cannot act on the skin; but it is a very different thing when alcohol, or any active Mineral Drug such as I have mentioned is applied to the Cutaneous Surfaces.

Now Arsenic,—and occasionally Mercury is commonly employed by all facial Beautifiers and Skin quacks, whose speciality is Skinning the face.

Few people would believe what a great number of women are caught by this expression of “skinning.” I have much to say on this point, because it is of immense importance practically, and because it is so frequently resorted to by so many ladies, though the after results are far from pleasing to those who have been foolish enough to submit to the process.

To show how commonly the thing is

recommended, I will quote from a letter which I cut out of a fashionable paper some weeks ago. It was headed: "Would you be beautiful? Then be skinned at once. Remove the old paint at any price." The letter goes on to say that "Having seen 'Admirer's' letter in the said paper, in which she states that she had tried 'skinning' and did not like the result," she says: "Now if it had been done by a skilled operator she would have been delighted with it, and all her friends would have united in their congratulations on her marvellous rejuvenation. 'Skinning' works wonders, and many ladies in New York, Paris, and London have had it done to their everlasting satisfaction. To paint a door properly you must first remove the old paint; so if a woman wants a perfect skin, the old cuticle which has done years of service must give way to a new skin." Then the signature.

I have no doubt but that very many women who read that letter believed all this arrant rubbish to be true; but when it is remembered that the writer is one of the most energetic of Skin Beautifiers

from the United States, few people will be astonished that she should recommend "skinning." And to be done by a skilled operator, this woman says that the skin must be removed from the face like old paint from a door. It is the first time I have ever heard a lady's face compared to an old door, but the simile is very inapt, because the old paint on a door is not a living thing, an ever being renewed human tissue, and the skin is. Therein lies a world of difference.

"Skinning" the face is generally carried out by one of the following processes.

A preparation made with two grains of Perchloride of Mercury, half an ounce of Tinct. of Benzoin and one ounce of Emulsion of Almonds, is applied to the skin and allowed to remain for some hours, and is repeated at an interval of two days. This is a powerful remedy and its results are not at all uniform, so that it is now very rarely used. Mercury is however used in a much stronger solution for removing Moles, spots, and other pigmentation of the skin, but its application is restricted to small areas. The danger of absorption

of the poison, into the system is very great indeed, for the Salts of Mercury most readily enter into the circulation through the skin, some of them indeed do so without affecting the Cuticle, or but slightly, but the perchloride does act on the Cuticle, and in proportion to the strength of the Solution used, it is however far too dangerous to be employed in any such manner or for such purposes as skinning the face; while its action is not successful, for even when used to remove pigment spots they return again very soon.

The Substance most commonly used for the purpose of Skinning the Face is Arsenic and it is in the form of the Yellow Sulphide (Orpiment) that it is most generally employed. This mineral is less readily absorbed by the Cuticle than the Salts of Mercury, but it is nevertheless a dangerous Poison to use, and cases of Poisoning have again and again occurred from its application to the Skin. The secret remedies of the Cancer quacks were Caustic pastes made with Arsenious Acid and Cinnabar. The action of Arsenic on the Skin is



said to depend on its power to soften the Epidermis, (Nunn, while Ringer and Murrell noticed that in Frogs poisoned by it, the skin could be stripped off the whole body with the greatest readiness within a few hours of its administration, (Lauder Brunton).

Orpiment is seldom used alone, but usually a powder is made of one part of Orpiment and seven or eight parts of Calcium Oxide (quicklime). These two powders are first intimately mixed together and then they are put into a close stoppered bottle and kept ready for use. When it is to be used for application to the face it is first mixed with water and made into a paste of the consistence of Cream, which is then spread over the skin with an ivory or bone spatule, and left on for four, five, or even, six minutes. It is then carefully removed again with the spatule. The moment a sensation of burning is experienced it is time to remove the paste from the cuticle. The face is then well washed with warm water, and the whole surface which has been operated on is covered over with Cold

Cream, which is left on for a little time and then removed. There are several other powders employed for the same purpose having a somewhat different formula, containing Potash, or other caustic alkali, but the principal and most important element is always the Yellow Sulphide of Arsenic. There are some powders which are used for the purpose of destroying superfluous hairs, and which indeed contain no Arsenic. They are made with Calcium Oxide, Carbonate of Potash, Potassium Sulphide, Barium Sulphide, etc., many of which when used as a paste give off most unpleasant odours, while their action is quite Superficial; they do not destroy the Hair Roots, but simply cause the hair to fall off, which however soon grows again, and frequently more vigorous than before, probably from Stimulation of the Hair Roots. These powders when applied to the skin are incapable of doing more than making it rough, giving it the appearance of having been scorched, which unsightly appearance passes off in a few days. The employment of Arsenic in

the way, I have described is fraught with real danger, and may lead to serious results, as well as cause burns, and subsequent scars. It is quite possible that this is what "Admirer" meant by not caring about the results of "Skinning" the face, and I quite agree with her, for the results can never be anything but unsatisfactory.

After application of this Arsenical Paste to the skin, there are generally rough red patches of congested tissue to be seen on the face, which only disappear after some days; they are, however, *as a rule* very superficial, and get perfectly well, leaving no trace behind. But it is by no means *always* so, as I shall show, and even if a really uniform healthy skin, natural in colour and texture, could be obtained by this very risky method of treatment, it would only be a mitigating fact in the foolish danger that is run of absorption of the poison from the surface into the circulation. While everything that is possible to accomplish within physiological limits in restoring or preserving the Skin, can be better and more quickly obtained by perfectly safe and scientific means.

I will now give two cases out of many which have come under my own notice. I was consulted, in the Spring of 1901, by a lady whose face presented a most shocking appearance. There were large patches of roughened and red skin on the upper part of the face, while below the chin and at right angles to the mouth, where there were rather deep lines, there was a large inflamed and partly raw surface which had the appearance of having been caused by some caustic substance. I found the history to be this: She was a lady of forty-six, and having lived most of her life in the most fashionable society, began to show signs of the wear and tear of late hours, the demands of social duties, and all that constitutes the racket of fashionable life of our century. Consequently, her skin became sallow, lines began to appear about the mouth and eyes, and she was therefore very much interested in an advertisement in one of the best-known ladies' papers which she read, and which promised a beautiful, youthful, and lovely skin. (For it is one of the points in all these advertisements

that the skin quacks promise to create for their clients a skin even better than the skin nature originally gave them.)

She went to the address given in the advertisement and was received in a most luxurious apartment, most tastefully and expensively furnished, and fitted up with every attractive appliance, pervaded by delicate perfumes which are used in the skin renovation business. A lady with most suave manners received her, and a promise of a most splendid result of the treatment was of course given her, as it is given to every one who enters these places.

The process was begun, and very wonderful stories of what had been accomplished at their establishment by their treatment were poured into her ears. Hope grew strong within her heart. (She had evidently been a remarkably handsome woman.) But she saw with dismay that her face was quite disfigured by the process, which, however, she was assured, was quite usual at first: the beautiful skin would surely come on later; but from using a stronger paste than is usually

employed, or from leaving it on too long the face had been burned in the way I have already described. This poor lady's face had indeed been "skinned," and to use once more the words of "Admirer," she did not like the result. It took some weeks for the skin to regain its normal state, while the unsightly scar left by the burns of the caustic substance used on her face will remain there till she dies. Moreover, she had distinct symptoms of arsenical absorption into the system, and for days there was swelling and redness of the eye-lids and eyes, with general feeling of prostration.

I will give another case of a somewhat similar kind. A widow lady, about 53 years of age was anxious to look her best because she was on the point of being married again. Her skin normally was rather coarse, thick, and greasy looking: now with proper treatment this sort of skin can be very often benefited and its appearance and tone to a large extent restored; but she was induced by a friend to go and consult Madame X..., whose marvellous achievements in skin treatment had (so she said) brought

hundreds of ladies to her establishment; while the beauty, and youthful appearance of a well-known and justly-respected Queen was (so *she* said), chiefly due to her handiwork. So the widow went with a glad heart for some time each day to be made beautiful. But she, also, didn't like the results. After having for many nights put her face into a series of bands after having it covered over with a special "Crème," and used a good deal of a "renovator" also, she found that beyond making it look more greasy than before there was no real change. Then "skinning" was of course proposed, and at once begun. The cuticle was, as I have said, thicker than usual, which is very often the case with this sort of skin. But from the application of some Caustic Substance to the skin, the lady had her face so severely burned by it that she came to consult me for a greatly inflamed and tense state of the skin, covering almost the whole face, and which took several days under treatment to subside. The skin remained patchy, and had an inclination to peel off with the slightest irritation (as from

going out in the wind), for many weeks after, when she returned to St. Petersburg, and I have no further knowledge of the case. There are no doubt cases where such accidents as these I have cited do not occur ; but the danger of such accidents is manifestly great and the whole process is as useless as it is dangerous, for, as it has already been pointed out, the results are neither uniform nor permanent. In a few weeks the cuticle which has, as it were, been forced, shows signs of deterioration and the last state of that skin is worse than the first (unless the Skinning process is again repeated, every few months). And this is due, I am persuaded, to the greater delicacy of the newly-formed cells which from the very first show a want of vitality ; they crack, become rough and fall off, so that the face looks always patchy and irritable.

Electricity has lately been employed for the purposes of skinning but the process is very painful and the results are equally as unsatisfactory and uncertain.

The application of lotions to the skin containing alcohol in any quantity



claim a few words from me here.

There can be no question but that some preparation, containing (besides other principle dissolved in them) a very high per centage of alcohol, greatly stimulate the skin as a whole; but it is equally true, that they may do an infinite amount of harm unless they are carefully selected and adapted to the special nature of the skin to which they are to be applied, for what will make a very nasty rash like Eczema come out in some faces will impart a healthy colour, and act as a very splendid tonic, in others. On this subject of selection of a suitable application for the various kinds of complexion we shall defer discussion till a future chapter, when it will be fully dealt with.

There remains only the question of powders for the skin to be considered before we leave this part of the subject. The use of some sort of face powder is almost universal for the purpose of covering patches and defects of colouring as well as in allaying irritation caused by exposure to cold winds. Powder

made of pure vegetable material such as Starch-flour, Orris Root or the pollen of *Lycopodium* with which may be mixed a small quantity of Boric acid, is perfectly harmless, for it contains no astringent or drying substance; still the habit of keeping the face constantly dusted over with even these simple powders will in time dry the skin (as will be shown in the next chapter) and is often the cause of its harsh appearance from the absorption by the powder of the natural oil of the skin, the cuticle becomes patchy, red and irritable and is very frequently a cause of pimples. It is, however, a very different matter when face powders containing Bismuth, Lead, Chalk, Zinc, Alabaster, or Gypsum are used. These powders are employed more especially by actresses and demi-mondaines because they give a very dead white appearance to the skin which these ladies delight in; but all of these powders are extremely injurious to the skin, and some are most dangerous to the life of the patient. Take those first which contain chalk or any other mineral; they dry the skin very much, and by their

slightly caustic action produce, even in young subjects, roughness, and very soon superficial wrinkles appear from their action on the cuticle.

Those containing lead have caused serious symptoms of lead poisoning from absorption, and in one case I have seen actual paralysis caused by it. Of late years also, salicylic acid mixed with various innocuous powders has been used. In some cases the same substance has also been used in the form of a pomade. The idea is that by its power to soften and kill the superficial layers of cells, that there will be a constant formation of new and fresh-looking ones going on, thus imparting to the facial skin a young and ever-fresh look; but this is not the fact. Very soon the skin becomes unduly congested in its deep layers, and causes roughness of the cuticle. It has been tried also for "skinning" of the face, and while far less dangerous than mercury in its action, has been found to be much more uncertain than that metal, and has not been a success. I strongly advise every one who reads these pages not to use powders

containing this acid in any form.

I have now come to the last division of applications to the skin for purely medical reasons. It has been stated at the commencement of this chapter that the application to the body of greasy matters was harmless, since they could not become absorbed. Now in certain cases, as we know, it is extremely useful to apply medicated ointments to the skin of different parts of the body, and it will be asked how they can have any action.

The reason is a very plain one. If any ointment containing such substances as Mercury or Iodide of Potassium is rubbed into the skin with some little degree of force, the cuticle becomes slightly abraded, the drug gets into the pores of the skin and is very rapidly absorbed. This is a very favourite and successful method of treating certain troublesome skin affections, and also of causing mineral drugs to enter the body without disturbing the stomach. It is a plan most wisely followed by all the best physicians of our day; excellent results are obtained, and the patient is

saved from having digestive troubles set up by swallowing medicines. The use of Liniments is not exactly the same thing, for in the case of liniments it is not a question of absorption (indeed many liniments would kill the patient if they became absorbed), but it is rather by the local, and particularly by the reflex, action they set up, that their use is attended by such excellent results in many cases.

## CHAPTER IV.

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### ABNORMAL SKIN CONDITIONS AND BLEMISHES AND THEIR TREATMENT.

WE now come to the more practical part of our subject, namely that of the various ways of treating the skin which are beneficial and efficacious when it is in any way affected, more especially in reference to the facial skin.

We will take first of all that very common and very simple affection of the skin called *Freckles*. They consist of a pigmentary discoloration of the skin, and have received their technical name from their resemblance in shape, size, and colour to a lentil; appearing mostly on the face, hands, and neck, but sometimes also on other parts of the body. When very numerous on the face and neck, they are a source of great annoy-

ance to those who are troubled with them, occurring more commonly in persons of sensitive skins, and they are generally most fully developed in the skins of blue-eyed subjects with fair complexions, and hair of various shades of chestnut or red.

Freckles may be divided into two kinds: Permanent Freckles, which remain on the hands and face all the year round, and Summer Freckles which only appear in summer and are gone in winter. Their cause is obscure. It is believed to be of a nervous origin, the action of the sun's rays causing them to develop with extreme rapidity in persons predisposed to be freckled, and when exposed to the chemical action of the said rays freckles often develop in great numbers in a few hours.

It is perfectly certain that the development of freckles is not merely due to the heat of the sun's rays on the skin, for if a child very much freckled during the summer time is exposed in winter to artificial light and heat quite equal to that of the sun's ray in summer, there is not the slightest sign of freckles; so

that they are due to some special action of sunlight on the cells of the cuticle.

Their favourite site is on the nose and temples, and they are much more common between the ages of ten and twenty than at any other period of life, though they may occur, as I shall show later on, in middle life.

Another point about them, which I have never seen remarked by any Dermatologist, is the tendency they have to become hereditary. I have in my practice a family in which there are four children, all of them very much freckled during the second decade of life in summer time. One is a girl, and three are boys. The freckles appear in each one about the eleventh year, and at twenty they begin to disappear entirely. The daughter is now twenty-two, and she has not a sign of freckle even in summer, and when exposed to the sun's rays. The youngest boy, who is fourteen, is extremely freckled, as his sister was at his age, and the others are gradually losing theirs as they approach adult life. In this case it is worth mentioning that their mother,

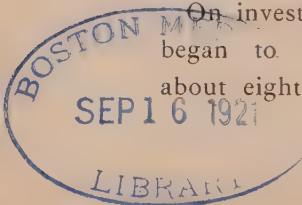


grandmother and great-grandmother were all very much freckled.

Another much more rare and interesting case came under my notice a few weeks ago. Indeed it was a remarkable case. I have seen several cases of freckles occurring in early middle life, but this was the most striking one of all. I was consulted by a gentleman of thirty-nine years of age, for a very deep pigmentation of the skin of the face and hands. He had been sent to me by another medical man. The skin of his face was very dark, and his hands and wrists were equally so: so dark that I thought at first he was probably of Indian blood. But on examining him I found that all the skin which had not been exposed to the action of the air, and light, was of the finest texture and quite white.

The case had been diagnosed as one of Addison's disease, but beyond the deep coloration of the skin, there were no signs of that fatal malady.

On investigation I found that the skin began to be discoloured and brown about eight years before, and was often



more marked, and darker, at certain periods of the year: distinctly darker in summer than in winter, though it never again became natural in colour at any period of the year. After careful examination with a strong lens, I was quite satisfied that the case was a very unusual, and well marked case, of freckles. The spots, though closely crowded together, so as to appear united, to the naked eye, were yet quite distinct when examined with a strong lens.

The history of the case showed that they only began to appear when he was in his thirty-second year, a sluggish condition of the liver being the starting point, and Chronic Constipation. It is perfectly well known that pigmentation of the skin will occur from these causes, as well as from several others, and I am fully convinced from the numerous cases I have taken great trouble to investigate fully, that those who are most freckled in youth are generally those who are most constipated, and liable to Gastric and Hepatic disturbances. In many cases I have observed, there was a history of bilious attacks, and

other symptoms pointing to faulty digestion and assimilation, the cells of the deeper layers of the cuticle being in some way interfered with; their nutrition altered, and pigment granules deposited in the cells. When freckles appear in people of dark complexion, they are generally of the permanent variety, and are consequently more difficult to remove.

How the pigment is deposited, and what the cause is, is not known to us; why it should be deposited at all we cannot tell. The origin, as I have said, of freckles, is believed to be some change in the nervous structure but nothing certain is known about the cause; there is the fact, and we have only to deal with facts, and not with theories, in this work.

*Treatment of Freckles.* In the case of the simple variety, called summer freckles, washing the face with very hot water, and subsequent massage, is often of great use (With massage I shall deal fully in another chapter.) Another very excellent plan is to rub the face over with a slice of fresh lemon, and then wash the face with tepid water; some

cases, however, require a more active treatment. In obstinate cases I use an ointment made as follows: Zinci Sulph. 10 grains, Ext. Hamamelis Dis. pur 1 dr., Vaseline 1 oz. The ointment to be used every night, and left on till the next morning. Generally this answers extremely well in obstinate cases of the summer variety. Permanent freckles are much more difficult to cure and take a longer time; still, with time they are to be cured, but it requires patience and a proper treatment. The only satisfactory plan so far, that I have tried, is to touch each spot separately with a moderately strong solution of salicylic acid. It is best done with a fine quill point, but it should never be done with a camel hair brush, which would cause a great deal of irritation to the skin. There is some slight smarting, but that is quickly and permanently allayed by any soothing ointment.

The most important after treatment is that of the constitutional state. Regular action of the bowels must be brought about by medicines and diet. The functions of the liver must be carefully

looked after, and the general health maintained. Unless these points are attended to the treatment of permanent freckles will not be completely successful.

The next blemish we will consider is that of Nævus, called also Port wine stain, or *Birth Mark*. There are two or three different varieties, as we know, of these abnormalities of the skin, but the only one with which we shall deal here is the *Capillary Nævus*. This blemish occurs in the superficial layers of the skin, and more often in the skin of the face, neck, and chest, than elsewhere. They may be single or multiple; they may appear as small bright, or dark red, specks in the skin, or they may be of large size, spreading over a large part of the face and neck. The surface of a Nævus is of a higher temperature than the surrounding tissue, owing to the greater amount of blood in the multitudinous and greatly dilated capillaries of which it is composed. When situated on the face or neck, they cause great disfigurement, but they rarely occasion any ill effects. They are mostly congenital, but some develop a few

days, or weeks, after birth; more rarely about the fourteenth year, and still more rarely in adult life.

These terrible disfigurements are often a cause of the greatest mental distress, particularly to females, and I have known cases where it has led to chronic mental depression and despondency, in one case to mental derangement. Happily a great deal can be done in these days of advanced science to remove these disfigurements from the face and neck. There are, however, some cases which must be treated with very special care in order to obtain satisfactory results; there are also some cases which are best left alone.

Of the several methods of treating these skin tumours, the most satisfactory one is that by **E**lectrolysis; and this method, in really competent hands, will often give the most gratifying results, but no one should attempt it without a full knowledge and some experience of its proper application.

There are many skin quacks who attempt to do this for patients, but nothing is more unwise, or more likely to

fail, or to render the disfigurement more marked and ugly.

I have seen two such cases. One poor lady was absolutely dreadful to look at. She had gone to one of the advertising quacks of this class, and the injudicious and ignorant use of this method had raised great ridges in her face, and rendered her appearance worse than it had been before, while the Nævus was not one bit better. Only a properly qualified medical man, having some experience of this treatment, will know how to manage the little practical points on which the success of the treatment so largely depends. The current should never be so strong as to cause bubbles of gas, nor should it be continued too long at one sitting. The treatment, when properly carried out, will not leave any scar, and as a rule there is little, if any, pain. In cases where the Nævus is large, it may be necessary to apply the current several times, at intervals. The medical man alone is able to decide upon that point, according to the case and its special character, in order to arrive at complete obliteration.

I have seen a case in which a considerable part of the side of the face and part of the neck of a lady were terribly disfigured. She had endured the misery of her disfigurement for thirty years, and despaired of any cure, or even amelioration. The patient was a lady of regular, well formed features, and but for this terrible misfortune would have been a beautiful woman. Treatment by Electrolysis was tried: many applications had to be made, and, to the great delight of the patient, at the end of five months of treatment the disfigurement had practically disappeared.

Another very troublesome and disfiguring, though much more simple, affection of the skin of the face, and particularly of the nose, is that commonly called "Blackheads," which is nothing more or less than the Sebaceous glands of the skin, greatly distended by their natural secretion; the black point is the narrow opening of the gland, which is often stained very much blacker by absorption of some black substance, most commonly from the atmosphere in large cities, where there is much carbon in fine



particles floating in the air, as in smoky London; but sometimes also by the wearing of black veils, which, being close to the face and touching it, impart some of the colouring matter to these little distended Sebaceous glands. If they are pressed between the finger and thumb, a long worm-like substance will be pressed out with a black head to it, which will give some idea of the depth of these glands in the skin of the face. I am quite satisfied that many of these cases of Blackheads originate in the habitual use of face powders, which block up the little openings of the glands on the surface of the skin, and thus cause the secretion of the gland to be retained within it, as already pointed out in a previous chapter. I have seen hundreds of cases of Blackheads disappear under a suitable treatment, but the discontinuance of the habitual use of all forms of face powder is one of the first points to attend to, and the internal use of small doses of Calcium Sulphide in pill form is most helpful; this medication should be continued for some weeks. The face should also be sprayed

over with a solution containing one part of Glycerine, two parts of Simple Tincture of Benzoin, and thirty-two parts of Eau de Cologne; this should be used every night. There is one caution, however, to be observed in using this solution, and that is never to use it in any case on any skin which has the slightest tendency to Eczema; and in most cases it is preferable to consult a medical man who will prescribe a suitable application in such cases. There are some cases, however, which do not yield to the treatment I have mentioned, owing to the condition being of long standing, and is consequently extremely obstinate and requires a specially vigorous treatment to cure it. In such cases, only a physician experienced in the treatment of such affections is able to decide on what treatment to follow. The patient may do more harm than good by trying any treatment not carefully prescribed for the case. In most of these very obstinate cases the Parasite *Acarus Folliculorum* has been found.

Acne (Pimples). This very common and extremely annoying affection occurs

mostly in young subjects between the ages of sixteen and thirty. It appears on the face and neck, shoulders, back, and chest. It is equally common to males and females, and in some cases will continue up to late middle life. It is mostly found in subjects who have a poor circulation, and those inhabiting the temperate climates. It very frequently disappears in summer, but returns again when the cold weather sets in. The disease originates in the distended glands which I have already spoken of when dealing with Blackheads (Comedones). Pimples may remain as little hard red spots in the skin, or they may burst and discharge a small quantity of pus, and then heal up and leave a small scar. In adult life they are not unfrequently caused by fine grains of dust from the atmosphere getting into the little opening of the glands in the skin, exactly in the same way that dust or dirt by the same process will cause Abscess in the armpits. Sometimes pimples on the face and neck will attain an unusually large size, and then they closely resemble boils; they suppurate and generally leave an ugly

scar. Pimples commonly come in successive crops, and have a great tendency to become chronic. There is a special form which is confined to the forehead and scalp; they suppurate, and when they heal they leave deep scars which resemble the pits left by Small Pox.

It will be apparent that since the malady is caused by the blocking up of the Sebaceous glands and defective expulsive power of the skin, that treatment must be directed to stimulation of the skin. The use of an ointment made as follows is extremely useful: Hypochlorit. Sulph. 1 dr., Vaseline pure 1 oz.; to be applied every night, and washed off in the morning. The face and other parts affected should also be sprayed over three or four times a week with the following solution: Tinct. Calendulæ 1 dr., Glycerine pur 2 drs., Eau de Cologne 6 ozs., to be sprayed over the parts affected after the ointment has been well washed off. This plan of treatment has given in my experience the most admirable results in many very bad cases of this troublesome affection. There are, however, some chronic cases which can only be cured

by the additional use of such physical means as Static Electricity applied in the form of a douche; and another extremely valuable aid in the treatment of this affection is the use of a pray of a solution of Chloride of Sodium employed at a temperature of 100 to 105 degrees Fahr. These two accessories of treatment used in the way I mention, either separately or conjointly, have proved to be the best helps in the treatment of bad cases of Acne that I have yet discovered.

## CHAPTER V.

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### ACNE ROSACEA (RED NOSE).

THERE are few affections more troublesome than a "Red Nose."

It is perhaps more common in men than women, but it is always a source of greater annoyance than of actual suffering from some painful disorder. It is so often that one hears a lady say in a nervous or half apologetic way: "I cannot help my nose being so red, but I assure you that I never or rarely touch stimulants." And this expresses a very common idea, but a very unjust and erroneous one, that a red nose means necessarily alcholic excess. There is perhaps less tendency to condemn every one who has a red nose as being a drunkard than formerly was the case, but still there is a want of knowledge and a popular error to

correct in this matter, even yet. This very disfiguring complaint is a well known form of skin affection, known as *Acne Rosacea*, and there are two principal forms of it. The more severe form is chiefly met with in men and is no doubt often due to alcholic excess, but not always so. It causes the nose to have a red and swollen appearance, and if it is of long standing it causes thickening of the external surface of the nose; the Sebaceous glands swell, the fine blood vessels of the parts become permanently enlarged, and there is generally a sensation of burning and itching. It may extend to the skin of the face and in bad cases the whole face becomes very red and is generally covered with pimples, and as the skin becomes more and more thickened the whole aspect becomes extremely unpleasant to look upon. Another and less severe form is that which mostly occurs in women and often commences with flushing of the face, particularly after meals and in the evening; the flushes becomes more and more frequent and each time the face regains its

natural colour less rapidly after the flushes pass off. Soon it begins to be much more marked on the nose, but gradually spreads to the cheeks and in some cases to the forehead and chin. The irritation is often very great, which is an explanation of the invariable habit ladies have, who are affected with this troublesome skin complaint, of covering the face with powder to allay the terrible itching, but which does a good deal of harm in the end by its drying effect. No doubt but that simple face powder does cool the face and relieve the irritation for the moment and partly hides the disfigurement for the time being but it tends to aggravate the malady itself. This condition of the skin of the face is almost always associated with cold hands and feet and also frequently with dyspepsia, constipation and other functional and constitutional conditions. No clear explanation of the cause of this malady has yet been given; it has been attributed, like Eczema, to gout, but this has never been proved yet, for as I pointed out in a former chapter gout is held by some good



observers not to be a cause of eczema though it is more commonly associated with Gout, and gouty subjects, and gouty families than otherwise. It has been almost universally attributed to the use of alcohol, and many persons have been unjustly accused of being drunkards on this fact alone. It has been attributed to dyspepsia, yet there has not been any proof adduced which proves beyond question that it can be caused by a defective condition of the digestive functions, though often faulty digestion co-exists with this skin affection.

I have the conviction that the real cause of this variety of *Acne rosacea* is some condition of the nervous system, and I have remarked the severe form as being much more common among men who are bald, and in the variety commoner among women it is very often found that the hair is falling out or is very thin, and there is I think some connection between this condition and the affection of the skin of the nose and face, which can easily be accounted for by vaso motor disturbance as affecting the region of the

skin where the disease is found. Everyone who has studied this disease, and more particularly the variety most common among women, will know that it is very much more pronounced in cold weather than when the temperature is warm and the air dry. Those people who live in southern warm climates are very rarely subjects of this disfiguring complaint. Dyspepsia does not cause it in such circumstances, nor does gout, though both these disorders occur in people inhabiting the southern latitudes, on the other hand it is extremely common in northern climates. This is then a condition which must depend on temperature very largely and which is a most important factor in the development of *Acne Rosacea*. It is quite well known that cold when applied to the cutaneous surface, first causes contraction of the fine blood vessels and secondarily dilatation; the first effect is to blanch the skin but this is immediately followed by redness and in healthy subjects by a feeling of warmth, when the application of cold has not been too long continued. This action of cold on the skin is brought about

by the action of the Vaso Motor Nerves. If one applies this reasoning in trying to find the cause of the redness of the nose and face in subjects with a defective circulation through the skin of the surfaces we are discussing, it will readily be understood how permanent dilatation of the vessels of the skin due to Vaso Motor defects will explain the condition and will indicate also the best means of dealing with this affection on scientific lines and with the best chance of success. In those cases where the patient has been accustomed to drink great quantities of alcohol, particularly in the form of beer or spirits (for of all forms of alcohol these are the most liable to cause this disease) it is often only needful to stop the use of these liquors, and the skin will regain its normal condition and appearance, without any further treatment. In a certain proportion of cases when only a small quantity of wine has been as a rule taken at meals, it induces redness of the face and nose, which however slowly disappears if all forms of alcohol are rigourously excluded from the dietary, and the digestive

functions are carefully attended to, and the powers of digestion and assimilation improved; constipation must be specially avoided.

There are however very numerous cases—perhaps a larger proportion than at first might appear probable—where there is not the slightest reason to suspect the abuse or even the moderate use of alcohol in any form, in such cases, what is to be done? This is the most interesting question, above all for the patient. The orthodox treatment is the use of a Sulphur ointment, or an ointment made of Oxide of Zinc which is best applied to the face and nose at night and left on till the next morning and then washed off. The face should be well washed with soft water and in it may be mixed a little oatmeal. After drying the face with a soft towel the affected surface should be dusted over with a powder containing Calamine or Oxide of Zinc. But it is admitted that this seldom, if ever, cures the condition. Now I have pointed out that this affection is much more common in cold countries than in warm ones, and that

it is due to an abnormal condition of the Vaso Motor Nervous Centres which govern the circulation of the skin of the affected parts. The blood vessels going to the nose are derived from two principal sources which give branches to the sides and back of that organ and which form connections with arteries going to the forehead and scalp. The curious fly-shaped patches so marked in all cases of *Acne Rosacea* on each side of the nose and extending to the cheeks, correspond to the distribution of the blood vessels. Is it then not pretty clear that it is really due to some defect in the proper functions of these vessels that the disease exists, and depending on a condition of the Vaso Motor nerves, governing the blood supply of the skin of the nose and face? It has been for a long time past a question which I have very carefully studied, and more particularly in view of finding a means of dealing with this troublesome affection. I am quite satisfied that the most successful form of treatment of this trouble is by the prolonged use of Electricity, and preferably by the constant current, using

a battery composed of small cells. This I have found to be the most reliable method. The Faradic current is as a rule useless, but the Galvanic current appears to give tone to the local nervous apparatus, and several cases which have been treated by this plan have given extremely satisfactory results. The employment of Static electricity is also of some value in treating this complaint, but its results are not to be compared to those obtained by the use of the constant current. General constitutional tonic treatment, with massage of the skin of the face and nose should also be employed along with Electricity. Tonics such as Quinine and Strychnine are especially useful and the application of a spray of solution of sodium chloride at a temperature of 100 Fahr. has been in my experience also a very valuable help in the treatment and cure of *Acne Rosacea*.

## CHAPTER VI.

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### ALL SORTS AND CONDITIONS OF COMPLEXIONS AND THEIR TREATMENT.

I INTEND to devote this chapter to the consideration of a subject which is of almost universal interest, and which I hope to deal with in a way which will be easily understood by everyone who reads it, while keeping to the Scientific and Pathological aspects of the question. I am perfectly certain that I am correct in saying that there are many more women who worry themselves about their complexion than about anything concerning their digestion or general health. To a certain extent a woman is justified in thinking about her complexion but it may of course become exaggerated. There is nothing wrong in the ardent wish which every woman feels, to look her best, and to take care of her Hair, and Skin, Nails, and Teeth,

is not only natural, but most commendable. In practical daily life so many influences are brought to bear on children, and on men, in the relationship of mother, and wife, and I do not believe that even yet our profession has fully grasped the fact in its very widest application, that the family physician, should be ready and able to give advice, and counsel, in his professional capacity, to mothers and wives, on points of these apparently almost extra professional questions, but which are of far greater moment, and having farther reaching consequences often, than at first sight might appear possible. But it is just these little points which are very often the main secret of the influences, that are so admirable in the home life. A mother who does not take care of her own Hair, and Teeth, and Skin, may often by example be the cause of the same neglect in her daughters, and a woman who is indifferent as to her appearance, may very likely gradually lose her good influence over her husband, for it is in the nature of civilized men, to feel proud of a wife who does her best to



look her best. I have known scores of cases where discontent and domestic misery have taken the place of former happiness, because with growing years the wife has become careless of her appearance, and has made no effort to keep as far as she could, the attractions of earlier womanhood. It is no doubt true that some men do not care, anything about the appearance of their wives. or daughters, a face like a red pickling cabbage, or a yellow shrivelled skin, and uncared-for teeth are all the same to them, but these are the few, and not the many. We live in an age in which the extremely rapid growth of Artistic ideas in every department and condition of life naturally creates a desire in the minds of people to look their best, and to be as attractive as possible, and indeed it is fast becoming a necessity, for those who wish to succeed in anything: thus new conditions are being daily developed, quietly but surely, and the modern scientific medical practitioner must make himself equal to the exigencies thus created, and be able to meet the scientific require-

ments of the twentieth century ideas, as well in these matters as in the more serious and classic forms of professional work. Now what would the average medical practitioner say if he were asked by a lady patient what she should do for her complexion, which looked muddy and unhealthy. He would simply tell her that it was due to her digestion or to worry, that when the one improved and the other ceased, that her complexion would come all right, and not to trouble about it. Now what does the lady do? when the doctor has gone on his way to see other patients, she finds out the name and address of some skin quack, and away she goes. The quack has no medical knowledge, or training, and probably cannot even guess at the causes which have produced the yellow wrinkled muddy looking skin, but shows great interest in the case (and they can always talk well) the lady perhaps has her face massaged, or steamed, or Electricity has been used for it, and she goes home with a bottle of Lotion, or a pot of Crème, or some special powder, with minute instructions for their use, and

though as a rule they are incapable of doing any good or harm (but not always so, for sometimes they may do serious harm) yet the lady feels a sense of comfort and satisfaction in the fact that she has something to apply to her skin, and in her ignorance she has confidence and actual hope; that her complexion will lose its yellow and unhealthy look by the use of these applications. Now, had the doctor made himself acquainted with these simple troubles, and with Skin Therapy in this relation, he could have so easily given the patient advice based on actual sound and scientific data and have prescribed suitable applications for her, which would have been so much more satisfactory alike to patient and physician, for he might have been of *real* use to her. Until about fifty years ago it had for centuries been the habit of the majority people to be bled, and they went to the barber for that purpose, instead of to the Doctor. Some doctors did not consider it was quite dignified for them to bleed patients (except in special circumstances) but when more attention began to be paid to this prac-

tice, and the danger of indiscriminate and ignorant bleeding was fully recognized, the practice of venesection was confined to the regular medical practitioner, and the barber restricted himself to his wig-making. And now no one goes to a barber to be bled. The best surgeons of our day and the most reputable physicians bleed their patients when needful; but in facial Skin Therapy it is not yet the rule or habit for physicians in general practice to give advice in such matters. Yet I am fully persuaded that in less than twenty years time every doctor will consider this as much a part of his professional duty, as the hospital surgeon considers bleeding to be his, when it is indicated. I have ventured to write this chapter for the guidance of those interested in the subject and in which I am justified by the facts I have stated. I have given here the results of many years of observation and experience in the hope of being able to shed some light where mystery, ignorance, and pretence, have so far reigned.

I shall now deal with the subject of complexion defects.

There are three or four principal types of complexion which ladies (and some men too) wish frequently to try to improve.

1st—The sallow and muddy looking complexion.

2nd—The dry rough abnormally red complexion.

3rd—The greasy complexion.

4th—The wrinkled, and prematurely old face.

Besides these there are some faces which are too fat and some too thin.

1st—THE MUDDY COMPLEXION.

This type of complexion which nearly always looks thick and sallow is not beautiful, it is due to several causes, but the fundamental cause is some inherent defect in the superficial layers of the Skin. It is however a condition which is often accentuated by the state of the health. Constipation, Dyspepsia and Anæmia make the muddy complexion look much worse. What can be done for this?

I may say that a great deal can be done for it when it is due to removable causes. The Cuticle can be brightened,

and generally permanent improvement can be obtained, by employment of the right means; at the outset let me say that Ointments, Creams, and such preparations are worse than useless. The first thing is to treat the Dyspepsia, or other morbid conditions, if they exist. The next thing is to treat the Skin direct. The Skin of the Face should be washed with very hot water, but no soap should be used. The water may be acidulated by adding a tablespoonful of dilute Acetic Acid to each pint of water, and after well drying, the skin should be sprayed over with the following Lotion.

Tinct. Hamamelis  $\frac{1}{2}$  oz.

Tinct. Calendulae Off. 6 drs.

Tinct. Benzoin Pur 1 dr.

Eau de Cologne ad 8 ozs.

To be used every morning as a spray. The face also should occasionally be steamed. Electricity is extremely useful in this type of complexion but the form in which it is used is of the first importance, Static Electricity is the best for it, and far exceeds in value any other form of Electrical Treatment. Massage is also most useful, in some cases,

as we shall see, when I come to speak of Massage in a future chapter. I now come to the next type of complexion.

2nd—THE DRY, ROUGH, ABNORMALLY RED COMPLEXION.

This type sometimes borders on that condition which I have already described under *Acne Rosacea*. To treat this sort of complexion in the same way as the muddy one, would be a grave error, for the cause is fundamentally different, and the cause must be always the first point to consider, some skins are very dry, and easily become rough in the open air, the slightest cold wind will make the face red, scaly, and irritable, this is due to the Cuticle being unduly sensitive to atmospheric action, and the glands of the Skin being inactive, they do not secrete the amount of Sebum which normally keeps the Skin supple and smooth, and protects it from the effects of the air, or wind. There is generally also a tendency to Eczema in these cases, and great care is needed in treating such Skins. I was consulted by a lady some months ago, who had a very irritable and delicate Skin. She had been to a

Skin quack, who gave her a lotion which evidently contained some drug capable of causing great irritation, and when I saw the patient the facial Skin was dry, harsh and hot, indeed the colour and heat of the Cuticle very closely resembled Erysipelas. It required some days soothing treatment to bring back the Skin to its normal colour, and for weeks after the face would grow very red when exposed to the slightest wind, or to the heat of a room. I mention this case, merely to show that it is of great importance to be very careful in employing such drugs as Benzoin or other astringents to such Skins.

*Treatment.*—The only way to really benefit these cases is to use every day a softening application.

Such as Ol. Amydali Dulcis, which should be rubbed well into the Skin of the Face at night, and in the morning to be washed off with tepid water and oatmeal soap, then dry the Face with a soft dry towel, and when quite dry, spray it over with the following solution: Ext. Hamamelis Dist. 3 ozs., Tinct. Calendulae  $\frac{1}{2}$  oz., Aqua Sambuci



ad. 8 ozs. To be used as a spray as directed. In some cases Sulphur Ointment is very useful, but it is not wise for any one who possesses an irritable Skin of this kind, to try any experiments, or run any risks, it is safer and better to consult a medical man, who will be able to judge what is prudent and proper to use.

### 3rd—THE GREASY SKIN.

This is a type of complexion which is very comon in certain countries and less so in others. Those who live in moist, relaxing climates, are very liable to it, as well as those who live in big Towns and Cities. It is usually the forehead and the sides of the nose which are the most greasy looking parts of the face, and in many cases the slightest extra exertion, or the heat of a ball room, will cause this greasy and shiny appearance of the face to become very pronounced, and annoying to the victim of it. This condition is due to the unusual number or the unusual activity of the glands of the skin. Great beads of perspiration will roll off from the forehead in a hot room and

the drops are sometimes quite black. I saw a very striking case of this troublesome condition in the spring of 1899, a lady well known in the most fashionable circles in Vienna was sent to consult me for another malady but spoke to me also of the great annoyance she felt from this troublesome greasy state of her Skin, she was young and titled, and beautiful, but when at any Court function, or other party, her whole enjoyment was marred by the knowledge of the fact that her forehead was running down with great drops of black greasy sweat, and her nose and face would become shiny and greasy looking. She had tried massage of course (and this is one of the cases where massage does very much more harm than good) she had tried creams and various things, but none were of any use, and none lessened the annoying state of her facial Skin. I recommended her a lotion containing Glycerine, Myrrh, Benzoin and Alcohol which I ordered to be sprayed over the face every day, and a powder made of Iris Root and Starch Flour to be used to dry the face afterwards, and

then entirely brushed off. This left the Cuticle toned and the astringent action of the lotion I prescribed was seen in the lessened activity of the glands of the skin. The condition began at once to improve, the greasiness gradually became less, and after some few weeks of continued treatment by this method the trouble entirely disappeared. I saw the lady fifteen months after, and she had had no return of the trouble; she still used the lotion very occasionally. The proper time for spraying the face with this lotion is in the morning, at night the face should be washed with hot water, and some oatmeal should be mixed in it, but no soap of any kind should ever be used for a greasy type of complexion.

I now come to the question of Premature Wrinkles. Nothing has been the subject of advertisement more than the cure of Wrinkles, the certain sure removal of these evidences of approaching old age. The fact that Wrinkles in the facial Skin are, in ordinary circumstances and at an age when changes in tissues generally occur, only natural results of slow decay of the vital forces of

the individual, is entirely ignored by the skin quack, and it is quite wonderful that people can be found to believe that a face which has been beautiful at 25 can, when Wrinkled and worn at 75 be made to look young again and be restored to its youthfulness and colour, by any means on earth. I think that very few people have any idea of how Wrinkles of the Skin are produced, or the way in which they alone can be removed, or lessened, when they are premature, and denote changes, which are not normal, in the Integument. I have, in an earlier chapter spoken of the Muscles of the Face and we must now study them a little more. Like all Muscles of the Body they have a tendency to become flabby and waste as age comes on but that is not the only factor. The layer of tissue which I spoke of as Areolar tissue is very well developed in the face and under the chin, and it is this which gives the beauty of contour and form to the features, and which fills up the spaces between the Muscles, and between the Bones and Skin, where these little

Muscles are small and thin, indeed the muscular fibres sometimes lie embedded in this tissue. It fills up the cavity which exists between the Chin and the lower Jaw and the hollow spaces where the Muscles cross one another, or between them, when running in the same direction, so that this tissue forms in every part of the Face a sort of *packing* for the Muscles of the Face, and is everywhere found among them, around them and between them; it is in this way that the Skin lies so smoothly and beautifully over the whole. When the frequent use of any Group of Muscles or of one particular Muscle is long continued and causes frequent folding of the Skin, as for instance those people who have the habit of often raising the eyebrows as in astonishment, or surprise; or those who are in the habit of bending the brows, will surely have lines and furrows in the forehead, more or less deep according to the frequency with which the Muscles are thus brought into use. Those who have had great and long continued trouble and anxiety, or who live amidst worry and unrest

have usually deep lines running down from the inner side of the Cheek, to the angle of the Mouth, this is due to contraction of the Muscles round the Mouth and sides of the Nose, and lines are formed (secondary lines) in many other directions. From this same muscular action, the Skin itself is less well nourished, and the muscles becoming fatigued by an abnormal strain put on them, become exhausted, flabby, and then lose in size and weight. This wasting of the Muscles and the consequent absorption of the fat which fills up the interspaces of the Face causes the Skin to become baggy and then wrinkled, the Skin already marked by folds due to the play of the Muscles becomes more wrinkled; and in time there is an actual change in the tissue of the Skin itself. A modification of the Skin is thus brought about, it loses its Elasticity and it becomes hard in the deeper grooves and furrows of its substance, and resembles much more the Skin which exists in Scars (Cicatricial Tissue) than normal Skin. The question has so often been asked, Why does the skin of the

face become wrinkled and gets so to speak worn out so much sooner than the skin of the bust, or of other parts of the body? I think that the causes are two: first, because there are so many small Muscles in the face which are needful to bring about the various "expressions" of the face and being in constant use they become exhausted sooner than the larger Muscles of the limbs or trunk; even when sitting quietly in a chair reading, unconsciously this muscular action goes on. The second cause is that there is so much packing (as I have already said) to fill up the hollows, and round off the angles, which becomes partly absorbed as time goes on. When the Muscles of the face and neck are all dissected out and the Student sees how much of this *packing* there is in the form of this Adipose Areolar Tissue, and how the Skin fits so perfectly over the whole, in youth, there is no longer any sort of difficulty in understanding how Wrinkles are produced in the Skin, which but for its great Elasticity would occur earlier, in a normal way, from the causes I have

named. Now what can be done to improve a wrinkled Skin, and restore it to its proper state. It is quite certain that no medical man would tell a woman of seventy that there was any treatment which would or could restore the Skin to its Elasticity and colour of twenty: that is left to the professional beautifier and Skin quack, but a comparison must rather be made with the skin on the bust and other parts of the body, to form any correct idea as to whether the Skin of the Face is abnormally wrinkled, and worn, or not, and if so what has caused it; I am quite satisfied from actual observation and experiment that the skin of the face is often much more capable of renovation than those who have not looked closely into the matter might suppose, and particularly in cases where the age of the patient does not exceed sixty though up to even a very much later period, great improvement is often possible. But it is always a matter of some weeks continuous treatment to accomplish any really satisfactory results, a patient can very largely do this at home, with only occasional advice and medical care.



I will give here the means by which I have arrived at some facts on this subject. In 1895 I was asked to help a poor old French Seamstress who had been for some months ill, and was utterly destitute, living in a dark, damp room or cellar, without fire or food. She was a most pitiable object, and I had her at once removed to more comfortable quarters, and her health and well-being attended to. She was well fed and at the end of a few weeks she was in comparatively good health, but her face was the face of an old woman of eighty or more, though her age was less than sixty. The Skin was in deep folds and long furrows, and lines were all over the face. I do not think that I have ever seen a face so wrinkled even in cases where life had been continued to over 90. I considered this an excellent case, and an opportunity to study *practically* the exact facts and possibilities of amelioration, or restoration of the Skin to its Colour, Elasticity, Firmness, and Tone. I had the patient close at hand, and could watch the changes from day to day. I kept this poor woman thus under my

care for two years (and at my own charge to her great satisfaction and gratitude). For the first two weeks of the treatment I ordered a lotion to be used to cleanse the Cuticle and to stimulate it. It is astonishing how much dust and dirt will accumulate in the pores of the skin of the face as well as of parts of the surface of the body, and yet the appearance is quite clean. This was done twice a day. I then ordered the Face to be massaged by a skilful masseuse whom I had trained specially for the purpose. This was continued every day for six weeks, and every night after the second massage, the skin was sprayed over with a Tonic lotion, such as I have already mentioned when dealing with Muddy Complexions. This stimulated the Skin, and together with the massage it began to be distinctly firmer, and the many wrinkles were certainly less pronounced. I then ordered the massage to be discontinued, and I used very fine mechanical Vibrations every day. At the end of four weeks I ceased this treatment and ordered massage once a day, with an Alkaline Powder. During this time there

was a steady and very distinct improvement in the appearance of the Skin; the Muscles were firmer and fuller, the woman began to look many years younger. Among other articles of diet, I insisted on the abundant use of watercress (few people have any idea of how very valuable the humble watercress is in many diseases. Its properties are no doubt chiefly Antiscorbutic as are so many other plants of the same family, but it appears to act more specially on the Skin) At the end of four months some of the lines in the woman's face were gone. I now employed Galvanic Electricity every day for a month and then every alternate day for a like period (of the uses of Electricity I shall deal in a future chapter). The change in the woman's appearance was quite remarkable: she looked younger even than her actual age, and this was not due to being well fed and better cared for, alone, for the improvement only began when the special treatement I have spoken of had been begun some weeks, and no treatement was commenced until the woman's health had become good.

The improvement was chiefly due in my opinion to the stimulation of the Skin, and the increased nutrition of the Muscular tissues, and is a proof that under proper and Scientific use of various combined methods of treatment, the facial Skin will give evidence of a capacity for regeneration which is not yet fully realized.

There are certain lines which are very difficult, or even impossible to remove, particularly the deep long furrows which run down from the side of the lower border of the side of the Nose, to the angle of the mouth, and upper lip. I call this the "worry" line, because it is generally most marked in those who have had trouble and who "grin and bear it" to use a common expression, or in other words who have bravely borne trouble and disappointment, but these lines also will often appear in the faces of those who have led a fast life, or who have been slaves to the duties of society, and habitual late hours.

*Treatment.*—In those cases where deterioration of the facial Skin is due to a lessened nutrition of the tissues or

to climatic causes, or other conditions affecting the Cuticle, the blood vessels, or the other elements of its composition, or where Wrinkles have been caused by the mental state : often a great deal can be done to restore it, but it is very obvious that no definite rule can be laid down, for every case must necessarily differ from another, each has its own history and must have its own proper method of treatment. In many cases Massage is extremely useful ; in others it is likely to exaggerate lines instead of lessening them. In other cases Electricity is the best treatment to follow, and will give the best results. Skin tonics are often most useful, particularly where the Skin has been long relaxed by residence in warm climates, and by living in hot, ill ventilated rooms. Recently the employment of hot air under pressure, has been extolled by several reputable French physicians as of great use in Skin treatment. I have only seen one case treated by this method, that was for a serious blemish, and I must say that the results were remarkably good and the treatment entirely cured the

condition for which it was used. Of the treatment of other Skin conditions, and of Wrinkles by this method, I can say nothing, since I have so far seen nothing accomplished by it in cases of wrinkled Skin, but the method is quite a scientific one, there are some of the most honest and well educated physicians who have written favourably about it in the treatment of scars, wrinkles and other blemishes; and it would not, I think, be fair to ignore in a work of this kind any new method which appears to have a special sphere of usefulness before it, in the treatment of many abnormal conditions of the Cutaneous surfaces.

It is then impossible to give more than general indications such as I have given, I have seen Massage fail, I have seen Electricity used without any result, but it has been generally because they were not employed in cases where they were most suitable. The condition of the patient's general health is always the first point to consider, while all such dangerous and unsatisfactory processes as "skinning," should be reprobated, since it cannot do any good, for the reason

that it is not the cuticle merely, but as I have shown, the deeper structures which have to be dealt with, and which can only be reached and acted upon by Massage, Electricity, and other physical agents, and a suitable treatment adapted to each individual case.

In concluding this chapter, I may add that Skin troubles, defects, and lost tone, are frequently the result of neglect of the general health, and the hygiene of the cutaneous tissues, and it is far better and easier to *preserve* the healthy appearance of the Skin, by careful and regular attention to it in the earlier years of adult life, than to find means to improve it when it has lost its Elasticity and has become muddy looking, baggy, or deeply lined with furrows; and every woman who wishes to preserve her Skin in its best state, should give as much attention to it, as to her teeth and hair. In nothing is the old adage so fully exemplified, "one stitch in time saves nine," as in the care of the human Skin.

## CHAPTER VII.

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### ECZEMA.

WHILE it is no part of my intention to enter into a description or indicate treatment of Skin Affections in general, which have been again and again fully described in the most admirable way, by many able writers on Cutaneous Diseases, yet I do not think that my book would be quite complete unless I discussed the subject of Eczema as I have discussed the slighter Cutaneous Affections and Degenerations of the Face, Head and Neck, and in special relation to these regions, of which I have almost exclusively written.

Eczema is the commonest of all Skin Diseases, and constitutes one third of all Cutaneous Affections. It may be acute or chronic. It may develop in the new born infant, or it may afflict the octogenarian and make his days and nights to be a time



of physical misery, no age is secure from its onset, and the exciting cause of its appearance is frequently difficult or impossible to discover.

It is said to be more frequent in men than in women but the difference is but little.

Eczema is very remarkable for the various forms, or appearances it assumes. Sometimes it comes as an acute inflammation of the Skin, and Subcutaneous tissues. There is great and rapid swelling, and this is particularly marked when it affects the Face. The Eyes may be closed by the swelling, and the features of the patient so altered that recognition is impossible. Another form in which it often appears on the Face is as dry, red, scaly patches, with little or no swelling, and no discharge, but intolerable itching. There are many other forms of this Cutaneous malady, which very commonly affect the Scalp, the Face, and the Hands while the point of juncture between the Skin and Mucous membrane, as on the lips, is one of the most troublesome sites in which it is found, and gives great discomfort, as well as much mental distress, to the

patient, on account of its unsightliness.

A very common form affecting the Face and Forehead is that called *Ecżema Erythemosum*. It is really only a Hyperaemia of the Skin, and is the simplest form that Eczema assumes, but often it is the precursor of more severe and intractable forms of the disease. Another variation is *Ecżema Vesiculosum*. In this form there is an eruption of many small vesicles which soon burst, and discharge their contents, giving rise to raw excoriated surfaces. This is a most distressing condition often seen on the Scalp and on the Face, and which may pass into the form called *Ecżema Ischorosum* which if associated with great congestion of the skin and deeper tissues becomes that intractible form called *Ecżema Rubra*.

Sometimes however Eczema appears as a scaly eruption (*Ecżema Squamosum*), and remains chronic for many months or even for years, without changing its character very materially.

It must be kept in mind that while the Face and Scalp may be the seat of one variety of this disease, it may exist

at the same time on other parts of the body, in some other form. Indeed I have seen cases in which it existed in all its different forms, on different parts of the body in the same patient.

It is extremely liable to develop in children between the ages of six months and two years and again from six to ten, these periods corresponding very closely to the two periods of dentition, and its favourite sites in these cases is the Scalp, Face, and the flexor surfaces of the limbs. Most if not all dermatologists recognize a strong constitutional tendency to this disease. I have already remarked in a previous chapter that it has been very frequently attributed to Gout, or the existence of a gouty Diathesis, but while the fact that individuals, and families, of gouty constitution are very liable to attacks of Eczema, it has never yet been satisfactorily proved that gout is the real *cause* of the Cutaneous Affection.

The exciting causes may be several. In children the common cause is dentition, errors in diet, defective assimilation, and in very young children who are

fed with the feeding bottle and cow's milk is given, I have seen scores of cases of Eczema of the Pustular form caused entirely from the milk being often of poor quality, not fresh, and given at very irregular hours and sometimes quite hot and at other times nearly cold. I have been frequently struck with the close relation there is between the carelessness as to the temperature at which the food is given to an infant and the development of a severe form of Eczema. The habitual feeding of infants with milk *which is too hot* is more often a cause of Eczema of the Face and Scalp than anyone would believe, who has not given special attention to this point. In adults the exciting cause of the disease is very commonly due to eating of highly-seasoned food, eating fish, the abuse of alcohol, indigestion, or habitual constipation. In many other cases it develops in persons who have been overworked, or have been under a prolonged mental strain, and some cases undoubtedly are due to essentially Neurotic causes. Sometimes, however, cases present themselves where no definite cause can be

assigned. Strictly local causes are on the other hand traceable to the use of irritants to the skin, such as the Tincture of Arnica. The application of stimulating Plasters to the skin, and the employment of such lotions as contain (as I have already said), Benzoin or similar substances, and many cases of eczema of the hands and face commence from the use of hard water with which the individual washes.

Whatever the form the disease assumes (except the most acute form), and whether on the scalp, or face, or on any other part of the body, it invariably causes the most intolerable itching, and, with the exception perhaps of one other Cutaneous disorder, the itching is more marked in Eczema, and more constant, than in any other known skin disease.

*Treatment.*—The treatment of Eczema must necessarily be local and constitutional, but the variations in character of the disease is so great that it is quite impossible in a work of this kind to lay down any rules for treatment which could be applicable to all the different forms in which it may appear. Indeed it often taxes the experience and the

resources of the most skilled physicians when dealing with this hydra-headed affection of the Skin. The constitutional treatment is of the first importance, in view of curing the disease; while the local treatment is of the greatest importance in relieving the itching and burning sensations which cause so much distress to the patient.

The first thing to do is to investigate the state of the patient's health; the diet must be most carefully regulated, constipation must be avoided, and generally spirits, beer, port, sherry and champagne, must be prohibited or taken in very great moderation. But in elderly people, where the digestion is slow and feeble, and the general vitality is low, a little wine every day is essential. In children the utmost care is necessary in the matter of feeding, fresh meat, eggs, milk puddings, and in cases of pustular Eczema, a little beer or wine, is often of the greatest help in curing the disease; but the amount of fresh fruit should be limited, while dried fruits, oatmeal and coffee or tea should be very sparingly allowed. In cases of the dry irritable

variety it is most important to discontinue the use of all alcoholic stimulants, and the use of sugar must be restricted within narrow limits.

Change of air is often of very signal benefit in all cases of Eczema, particularly when the subjects are gouty. The patient's health most commonly improves, and the Skin affection becomes less troublesome. Many mineral waters and spas have been recommended for the cure of this malady, but choice of a place of this kind must depend on the nature and circumstances of the case. That many waters do act very beneficially in cases of Eczema is beyond question, and in view of the recent discoveries in connection with Radium, it is extremely likely that there is some hitherto unknown and as yet unsuspected element contained in many of these mineral springs, which account for the beneficial action of the waters in many cases which are so markedly improved by their use.

The local treatment of Eczema consists in lessening irritation, and preventing healthy surrounding parts from becoming

affected by the excoriating discharge from the diseased patches, or sores. When it exists on the Scalp, the hair must be cut short, and the scabs are best removed by first applying a poultice for several hours, and then bathing with warm water, after which a suitable ointment should be used and the head carefully dressed with it. In children, some special simple plan for keeping the dressing on the head must be adopted, and for this a thread or cotton night-cap is the simplest and best. When it occurs in the hairy parts of the face in men, a similar plan of treatment must be adopted. In cases of the dry scaly varieties, which are more common in women than in men, the chief point is to relieve the itching and lessen the congestion, and local treatment is less troublesome. I have seen most decided and permanent benefit in these cases from the use of Static Electric Douches, applied to the face or other parts affected by the disease. And in some forms of Eczema of the scalp it has been of most signal service. The applications must not be given during



more than from three to eight minutes at each sitting, but should be given each day for some weeks.

The face or hands which have patches of Eczema on them, should never be washed with soap, which is often a cause of Eczema, and always aggravates it, when it already exists.

## CHAPTER VIII.

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### MASSAGE.

NOTHING has been more advertised or more employed, and I may with equal certainty say, more abused, than Massage. During the last decade Massage has come into vogue much more than ever before, and it has been vaunted as a curative physical agent by every Skin quack, professional beautifier, and latterly even by Hair-dressers, as being the most sure means of curing affections of the Skin, removing wrinkles, improving the tone of the scalp; and a hundred other things, possible and impossible have been promised to those who were willing to have the various forms of Massage used upon their skins or scalps. Of course the treatment has to be carried out with some special creams or pommade of their own manufacture, and in cases, where

hairdressers massage the scalp at the same time a current from a battery (usually the interrupted current), is employed; and of course some special hair stimulant of their own is recommended.

Few people realize how very powerful a therapeutic effect can be obtained by this excellent method of treatment, and still fewer have the remotest idea that serious harm can be caused to a patient by ignorant injudicious or badly done Massage, and cases of death are said to have occurred from the improper application of this otherwise scientific method of treating disease. Now since Massage is so extensively employed in the treatment of Skin troubles and defects, it is most necessary to study it in this relation.

What is Massage? and what is its object? What results are to be expected and obtained from its employment. These are manifestly the points to consider.

Massage consists of a series of mechanical movements best executed by the hands of an operator, but it may also

be accomplished by a special apparatus which gives a series of vibratory movements of more or less intensity or fineness, according to the requirements of the case, and the way they are applied by the person applying them. This method of treatment not only affects the Skin, but also the internal organs, and deeper structures of the body, and it is very easy to understand how serious mischief may be occasioned where it is improperly employed by uninstructed persons. Nothing is more astounding than the way in which people place themselves in the hands of so called Masseurs and Masseuses, often without question and without any real proof that they know anything about the subject, the unreflecting public appear to think that *anybody* can do Massage, whether it be an ordinary bath attendant, a maid, or one of those many non-descripts who take to Massage because it appears so easy, and they are not able to do anything else. There are in Paris, London, and New York, hundreds of these people, both men and women, who gain their living by so called

“Massage” but who have never had the very slightest instruction, and who know absolutely nothing of the form or character of the muscular tissues they undertake to Massage, and have not the remotest idea how curative results can be obtained by this mode of treatment. Fortunately it happens that serious mischief is not very common, but still cases have been recorded where injury to the patient’s health—and as I have said already, death even—has been said to follow the ignorant performances of these so-called Masseurs. I have myself attended a case where a masseur had been “treating” a gentleman for “Liver,” massaging him twice a day while all the time the case was one of Apendicitis and the patient very nearly lost his life from the injury done to the tissues, by the manipulations employed.

In Holland only qualified medical men are allowed to practice this art, and it is a crying scandal that in countries like France, England, and the United States, some test, or proof of competence, and knowledge of the human frame is not exacted by law, before men and women

are permitted to set up as masseurs and practice on a confiding and ignorant public; every one who practices Massage ought to be compelled to study anatomy, and physiology, and be obliged to submit to a proper examination, and give proof of possessing the requisite knowledge to be allowed safely to employ this treatment of Mechanotherapy.

In Paris there is a school of Massage (L'Ecole française d'Orthopédie et Massage), which has been established by the energy and intelligence of Dr. Paul Archambaud and where certificates are granted to students after some months of careful instruction and passing a thorough examination before a board of medical men appointed for the purpose, but a great many of those who call themselves masseurs, have never been taught and know actually nothing of Mechanotherapeutics, beyond rubbing the limbs and trunk of their clients, they are without any conception of how results of the treatment are to be gained and quite ignorant of the direction of the muscles, or the position of the internal organs, and general direction

of the bloodvessels. Moreover it is a gross injustice to those Masseurs and Masseuses who are well and properly trained, that these incompetent, and in every way unqualified persons should be permitted or tolerated in the exercise of an art, of the principles of which they are profoundly ignorant.

Now what is the object of Massage? what results can be obtained when properly and intelligently employed?

Massage may be said to act in several ways. It quickens the flow of blood, lymph, chyle, and other fluids of the body. Excretion and secretion are increased, and muscular action is excited. The movements are, of several kinds. They are passive, or active, as the case may be. They consist of pressure, kneading, stroking, percussion, vibrations, or passive movements, which are executed by the masseur without the will of the patient being called into play; or of active Swedish movements, which are performed by the combined help of patient and operator.

Where the movements consist of pressure it should be alternate and

rhythmical, simulating muscular action. During the pressure the veins, capillaries, lymphatic ducts, and lymph spaces are emptied and the valves in the vessels preventing the return of the expelled fluids, room is made for a fresh supply (Dr. J. F. Little). Percussion is mostly employed to cause muscular contraction, while passive movements are of the greatest use in affections of the joints, where there are adhesions, due to inflammatory processes as in *Synovitis*.

In such cases Massage must not be begun till the acute stage is well over but if properly done, and at the right time, I know no method of treatment which is so entirely successful as this, in what at first appear to be the most unpromising cases of joint affections.

Only really well taught and experienced masseurs should be permitted to Massage such joints, since great injury and permanent lameness have followed in many cases where it has been done badly, or begun too early, before inflammation has subsided, or too much force has been employed in the movements. Massage is also extremely



useful in a great variety of diseases, and particularly in many nervous complaints Rheumatism and Rheumatoid Arthritis.

It must be quite apparent from what has been already stated that it requires a good knowledge of the anatomy of the muscular system and the position of the various organs of the body as well as some knowledge of physiology to enable the operator to Massage a patient with the best chances of success. It is not so simple a matter as the majority of people suppose, if one aims at obtaining the best results.

The movements should be made in the direction of the vessels of the parts that are being treated and always towards the heart, no one who knows anything about Massage for instance, would begin to Massage an arm, or leg, at the shoulder, or hip, but would begin at the fingers or toes, because the veins and lymphatics commence there, and go onward and upward towards the right side of the heart. If the masseur were to begin at the hip or shoulder he would accomplish nothing, in the way of curative treatment, but would most likely ag-

gravate the very condition it was meant to cure and would thus do more harm than good. I have found in scores of cases where patients said that Massage did not agree with them, that it was due to the fact that it was improperly done.

Now let us consider a moment that if it requires a knowledge of Anatomy and Physiology to properly and successfully Massage the limbs, and trunk of the body, and if serious mischief may follow ignorant and improper Massage of the great muscles of those regions, and internal organs, how very much more care is needful when we think of the great number of small and delicate muscles, with their diverse directions crossing one another or lying overlapping one another in the most complex way, in the human face!

How easily injury may be caused, how very simple a matter it is, through ignorance of the position, character and direction of a muscle or group of muscles, to exaggerate lines in the face caused by the condition of the tissues and the lost Elasticity of the skin.

In the human face there are no less

than forty-one muscles on which the expressions of it entirely depend. Some of these muscles are in pairs, and they are divided into those acting on the upper part of the face, those belonging to the Nose, and which are small and very numerous, and those around the mouth, and on which the expression of countenance so very much depends; those attached to the angles of the mouth, along with others of the face, are intimately connected with the expression of the *passions*; others which raise the upper lip, push up the cheek and elevate the lower eye-lids, give the expression of mirth, while those which descend from the angle of the mouth cause an expression of grief.

One very important muscle is that called the *Platysma Myoides*. It is this muscle which is at fault when the under surface of the chin and the neck become baggy and thrown into folds, and this condition is due to the loss of Elasticity of the skin and the wasting of the muscle and absorption of the fat cells which are very numerous in and upon it.

It is the largest of the whole system of the Muscles of the Face, and merits a little more study than some of the others. This Muscle is thin, flat, and lies over the greater part of the lower surface of the Face, passes over the base of the lower jaw and downwards to the under surface of the chin and the front and sides of the neck, being a thin flat Muscle extending over a very large surface it is easy to understand how readily it shows signs of degeneration while its prominent position in the lower part of the Face and neck strikes the eye at once when it begins to be wrinkled, and baggy, the folds begin to appear first under the Chin, but soon they show on the anterior part of the neck also, and frequently become very pronounced indeed.

Whoever attempts to massage or treat the Skin and deeper structures of the Face, ought to be perfectly familiar not only with the Muscles but also with their position and action; for this is absolutely essential if practical advantage is to be obtained by massaging them. It really is most astonishing how many

ladies will submit to have their Faces treated in this way and who never stop to think whether Massage is the proper thing for them (and it is by no means a proper plan of treatment in many cases) or ask themselves whether the condition they seek to have remedied may not be aggravated by want of knowledge on the part of those in whose hands they so readily place themselves. I have not the slightest doubt but that many ladies are made worse looking instead of being improved, by this treatment at the hands of quite incompetent people, and I have seen a case of a lady who had her Face massaged during several weeks by a so called skilled facial masseuse, but by treating the Muscles of the lower part of the Face in a wrong way, the already baggy Chin and neck became more baggy and wrinkled than before and she looked years older in the space of a few weeks.

There can be no doubt but that careful Massage will impart tone to badly nourished muscular tissue, and the Elasticity of the Skin itself can be to a great extent restored, in many cases, but

these results depend very largely on the skill of the operator, it requires absolute and sound knowledge, and much experience, to accomplish really serious and unquestionable good, and striking results, an Expert can often obtain very gratifying results, and which sometimes would appear to be almost incredible, the tissues become firmer showing increased nutrition and the whole appearance and condition of the Skin and tissues show how wonderfully nature will respond to help, when given in a Scientific way and according to the laws which govern the functions and changes constantly going on in the human body. In many cases which I have had treated under my own personal supervision and care, I have found that in addition to the ordinary plan of massage, the use of some form of Alkaline powder, combined with it, has given very speedy and striking results, sometimes I have employed Bicarbonate of Soda, sometimes one of the other Alkalines, the exact mode in which it acts I cannot at present explain, but it is certain that in suitable cases this method of treatment of the

Muscles of the Face, and Neck, and the Skin, is most successful, the results are in every way, very much more pronounced than where it has not been employed. It is not however in every case that it may be employed, and it should not be attempted by anyone unfamiliar with the action of chemical substances on the Skin.

## CHAPTER IX.

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### STEAMING THE FACE, THE USE OF BANDS, STRAPS, ETC.

STEAMING. I have already said that Steaming the Face in cases of Freckles, and where the complexion is muddy looking, and sallow, is a most useful adjunct to other treatment, but long continued or frequent Steaming of the Face will do a good deal of harm, and no good. It will make the Skin flabby and coarse looking.

It is very easy to carry out this treatment at home. All that is required is to fill an ordinary washing basin with boiling water, hold the Face over it, so that the steam plays on it, and cover the head and basin with a good thick rough towel. This treatment may be continued for four or even for five minutes at one time, but no longer, often three to four minutes is sufficient. Immediately after steaming the Face it



should be dried and then sprayed over with Eau de Cologne, or a mixture of equal parts of Eau de Cologne and Extract of Hamamelis, or of pure Alcohol and Elderflower Water, and then fanned till the Skin is quite dry. The effect on the fine blood vessels of the Skin is most salutary, the circulation through the Dermal structures being greatly and healthfully increased. It is most important, however, to use the spray always after steaming the Face, otherwise the Capillaries will remain more or less relaxed and the process of steaming will have done more harm than good.

Steaming the Face should not be done oftener than once a week, if it is too often repeated the Skin will become patchy and flabby and be in a worse state than if nothing had been done to it at all.

*Straps, Bands, and other Mechanical Appliances.*

The use of straps, or bands of various kinds and forms have recently been introduced as well as the use of India Rubber cups (which I believe is an

American invention), and which are intended to be applied to the surface of the Skin in the manner I shall presently show.

So far as any mechanical treatment of any kind of affection goes, it always requires great care in pronouncing an opinion on the merits or demerits of any appliances introduced, for there may be elements of usefulness in such, and as the object of this book is to discuss in an impartial way, anything and everything that has been introduced in the treatment of Skin deterioration it is only proper to look at these new appliances from an impartial standpoint, and discuss their merits, or disadvantages. First of all what are they? The straps, or bands used, are of various size, and shapes, but still all very much on the same plan. I have seen many of them of different kinds which patients have from time to time showed me, and asked my advice as to the advisability of using them. They are intended to be worn at night, and they consist of a kind of band or strap more or less elastic which passes over the Chin and

under it and above it embraces the lower jaw and the lower half or more of the cheeks, another band passes over the forehead and is fastened behind the head. The idea apparently is to exercise a constant, though not a severe, pressure, on the Tissues, with the object of removing Wrinkles, and restoring the Elasticity of the Skin, though how this is to be expected from such a method of treatment is not at all clear. The effects of pressure is to cause absorption, and the only case which I have seen where a lady was foolish enough to sleep with her face enveloped in a bandage of this sort every night, during many weeks, the effect had been most undoubtedly to make the lower part of the Face look thin, and wasted, while the Wrinkles were not a wit less apparent than before; moreover the pressure brought to bear on the lower part of the Face and Cheeks had increased the lines around the Eyes and side of the Nose. It certainly appears to be a most inconvenient thing for a human being to sleep with the Face half encased in a series of bands, and when such things

may distort the contour of the Face rather than improve it, the folly and absurdity of the use of these bands is self evident to all sane people.

*India Rubber Cups.*

There appears nothing more ridiculous to my mind than the introduction of these cups as a method of increasing the tone and nutrition of the Skin, by applying them to its surface. The theory is (if it can be given such a dignified name) that the blood will be attracted into the Skin and thus the Integument will be better nourished. Every physician is perfectly familiar with the use of these so called dry cups, and nothing is more commonly employed in the treatment of various chest diseases, but to employ them as a means of increasing the circulation through the Skin is unscientific and preposterous. The effect of dry cups to the surface of the body is to temporarily congest the Skin and thus to relieve the deeper Tissues when congested. The cups generally used are of glass, and they are so applied so as to produce greater suction, than could be obtained by India

Rubber cups, but the principle is precisely the same, and the idea of using such things with the expectation of increasing the nutrition of the Skin is so manifestly ridiculous that beyond warning anyone, who may have this treatment suggested to them, that they will be very foolish to try it, I do not think it needful to waste time in further discussing such a silly and unscientific proceeding.

## CHAPTER X.

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### ELECTRICITY.

**N**O more remarkable discovery has been made in the world's history than that of Electricity, and nothing in the whole realm of science is more interesting or of greater practical value than the employment of this great force of Nature, for a multitude of purposes, commercial, industrial or medical.

Nothing has been more abused however, than this marvellous Therapeutic Agent, which, in the hands of incompetent and ignorant people employing it for medical purposes, have often done a great deal of harm to patients, simply because they know nothing practically of how powerful its effects are, both to injure as well as to heal, and this to some extent has discredited its employment. It has taken many years of close and careful study and experi-

ment to arrive at anything like an exact knowledge of the Therapeutic value of Electricity in disease, and in order to derive any real benefit from its employment, a thorough knowledge of its mode of action, and the various forms in which it is best employed in any given case, as well as a complete acquaintance with Electrical Apparatus intended for medical use, is absolutely essential.

There are three principal forms in which Electricity is applied to the surface of the body, and these three forms are very widely different both as to their mode of action and the results obtained from their use.

For instance, the application of the Constant Current to the skin of the human body is characterized by certain effects produced by it on the Epidermis and on the deeper structures, which are not obtained by the use of the Interrupted Current. While Static Electricity causes physiological changes in the Skin which are not obtained by either of the other two forms; so that it is very evident that the use of Electrical currents em-

ployed for any internal disorder or Cutaneous condition, ought only to be employed by an operator who is intimately acquainted with the subject, both theoretically and practically, and who has some experience of Electro-therapeutics.

It is to my mind very necessary to insist on this point, because there are thousands and thousands of Electrical Machines and other Electrical appliances sold every day to the public, with instructions for making them *work*, but there is generally complete ignorance on the part of the sellers, as on the part of the buyers, of the way in which they are supposed to act *curatively*, while the assurance that they will really benefit the person using them, rests on a vague hope that they may do so, and on nothing else. Of course I do not speak here of Electrical apparatus manufactured and sold by respectable and recognized Electrical instrument makers, but of those many smaller machines which are so widely advertized in England, the United States, and more recently also in France and Germany, and which are sold for application to the Scalp, to prevent the



hair falling out, or to cause it to grow again when it has already been lost, or for application to the Skin of the Face to "tone" it, and remove Wrinkles.

These little machines are always of the Faradic current, while certain belts formerly so widely advertized gave a feeble, irregular and very unsatisfactory constant current. They have now almost passed out of use, and are very rarely employed.

It will only be necessary for us to study here the use of Electricity in relation to its application to the Scalp, Face and Neck, since the method of treating such affections of the Skin as Nevus has already been dealt with, in these pages, and I have shown what surprising results can often be obtained by its proper and intelligent use for the removal of these disfiguring tumors of the Skin. I shall limit this chapter therefore to dealing with the application of Electricity to the regions of the Cutaneous surface just mentioned.

We must first see how different forms of Electricity affect the Skin when applied to it. Whatever the form of

the current may be, all Electrical apparatus have of course two Poles, the Negative and the Positive, and which differ as I shall show in their action on the Cuticle.

I shall not discuss here the employment of the Currents of d'Arsonval, Tesla or, Morton (*Courants des Hautes Fréquences*), because while they are of the very greatest service in treating intractable forms of Eczema, Prurigo and other allied Skin diseases, they are less useful in treating the Face or Scalp, and for several other reasons both practical and scientific, I prefer to employ Static Electricity (*Franklinization*) for application to these regions, and to reserve the *Courants des Hautes Fréquences* for Skin affections of the Limbs and Trunk, in cases suitable for this form of treatment, and in such cases it is quite remarkable, as well as extremely gratifying, to see how rapidly improvement in a patient's condition is noticeable under its use.

A spark from a Static Machine produces a sharp sensation in the Skin and causes a peculiar eruption, which appears as a small circumscribed wheal, sur-

rounded by a little inflammatory blush. But on the other hand the action of the Continuous current upon the Skin differs according to the intensity of the current, the resistance offered to its passage, and the duration of its application. If the Skin be dry the action is but slight, but if the Skin be moistened, particularly with an acid, the action is much more powerful.

If the Epidermis has been removed by a blister, the Electric current affects the deeper structures still more powerfully. If a feeble continuous current is kept up for some hours, the Skin will be destroyed. If a powerful current is used the destruction will take place much more rapidly. The Skin is also affected differently by the two Poles. In using the continuous current the Skin proper is much less affected than when one employs the Faradic current. Renmak states that the positive Pole of the constant current relaxes the blood vessels, and reddens the Skin, while the negative Pole produces the opposite effect, and that at the negative Pole the Epidermis is observed to swell.

When the Interrupted current is applied to the Skin there is a sense of pain. According to the strength of the current employed, the muscular layers of the Skin contract, and there is a change in the diameter of the Blood-vessels. The effect is more marked when the Skin is dry, but if it is moistened a greater part of the Electricity passes off into the deeper structures. The effects of Faradisation on the blood-vessels have been well studied by many noted observers, and it is well known that at the first moment of application of the current there is contraction, followed by dilatation, of the small vessels of the Skin, the Cutaneous surface becomes first pale and then red, owing to these physiological changes in its vessels. It will be at once seen that the two forms of Electricity from which any important results can be expected in relation to the Skin affections, are the Static and Faradic, but if, on the other hand, Electricity is employed for the purpose of remedying a relaxed or baggy state of the Skin of the Face and Neck, then depending, as this condition

does so very much on the atropied state of the Muscular tissues lying below it, the only form of Electricity capable of effecting any real improvement in the state of these deeper structures, is the continuous current. It is extremely important that this should be well understood, for the employment of the Interrupted current for restoring muscular tone or firmness is much more likely to do more harm than good, unless it is employed with the greatest discretion. When one has to deal with certain Skin affections as already described, we may find Static Electricity of the very greatest service, or if we desire to stimulate the elastic fibres of the Skin it is better to use the interrupted current which acts much more on the Skin than the constant current, but the application should in every case be limited to five or eight minutes. But as in the great majority of cases where Electricity is employed on the Face it is with the hope, or object, of restoring its appearance and removing or lessening wrinkles, then, from the very fact that this condition depends on the wasting

of the soft parts, and the absorption of the fat cells lying beneath the Skin in such cases, it is the Continuous current which should alone be employed.

How does Electricity affect the Muscular Tissues?

If the interrupted current is applied to a muscle, it is thrown into contraction, and the intensity of the contraction depends on the strength of the current used, but if the application of this current is prolonged beyond a very limited period, say from twelve to fifteen minutes, the muscle becomes exhausted and is less capable of responding to stimuli than before the current was applied, and if it is continued still longer, or repeated at very frequent intervals it will cause wasting of the Muscular fibres, and consequent loss of size and weight. It will then be perfectly clear to anyone that the use of those little interrupted Electric machines which are so commonly sold and employed for all kinds of purposes, on the scalp and on the face, is fraught with real danger, for with the desire to accomplish all that is promised in the

prospectuses accompanying these said instruments, which can be bought at numberless shops, or from some skin quack or other, people are most apt in their ignorance of the possibility of the harm they may cause to themselves, to use these little Electric batteries too long, or too often, and thus cause Muscular Atrophy, and both on the Scalp and on the Face they may cause the very conditions they desire to cure, and render a baggy, wrinkled Skin still more wrinkled and baggy than ever. I have seen dozens of cases where this has actually happened, where these little Electric Machines have been used day after day and month after month until the small delicate Muscles of the Face and adjacent regions have been exhausted and atrophied, and the Face looked shrunken and old.

It is only the use of the Constant current by which any real good can be accomplished in restoring Muscular energy, and to this form of Electricity we must look for any real or permanent improvement in these conditions.

It has been shown by experiment that a man holding out at arms length a weight of a definite proportion that if an interrupted current of Electricity is applied to the muscles of his arm which are called into action in supporting the weight, during fifteen or more minutes, that he will not be able to support the weight as long as he would be able to do if no electric current had been applied to the muscles, but if a constant current is applied to the arm he will be able to sustain the weight much longer than otherwise, this is explained by the power the constant current has of restoring exhausted Muscular Tissue, and enabling it to bear greater fatigue, which is exactly the reverse of the effect of the Faradic current. In cases where the Muscles are paralyzed no doubt the use of the Faradic current is most useful, but where there is exhaustion, and commencing atrophy, from that cause, then it is certain that only the Constant current will improve this condition, and this is the condition with which we have to deal when we discuss the causes of lost elasticity and bagginess of the Skin of the



face and neck from the shrinking of the Muscles of these regions.

One can easily understand then that in view of these facts a great deal of unintentional harm may be caused to the skin of people who let themselves be treated with Electrical Appliances by quacks who advertize their readiness to visit patients for the purpose of "beautifying" them (to use their own expression) by Electricity, and without dreaming of the mischief they may do through sheer ignorance of the effects of Faradic Electricity on the human tissues. I saw some few months ago an elderly lady who had been treated by one of these lady specialists. She had had her face treated by applications of the interrupted current, with the result that the Face looked thin and pinched and of an unnatural palid colour, the Skin was in folds and wrinkles all over the Face and neck, and this was due, I am persuaded, to the constant and prolonged use of the form of Electricity which produces Atrophy of the Muscles and absorption of the fat from the inter-muscular spaces.

It is then of capital importance that anyone who has Electricity applied to their skin for any purpose whatever, should either seek the advice and skill of some qualified Medical man, or at least put themselves into the hands of an Educated Electrician, who is quite competent to decide what is the proper form of application of Electricity, suited to their condition, or malady.

By this means the patient will secure the maximum of good from its employment, without any risk from ignorance of the laws of Electrical Science and its application for Medical purposes.

#### PHOTOTHERAPY

*The Effects of the Finsen Ray on the Tissues of the Skin.*—There can be no doubt but that with the discovery of the X Rays, the Finsen Rays, Radium, and other remarkable Phenomena of the same order, that he would be a very foolish man who attempted to deny the possibility of undreamed-of wonders and marvellous curative means of treating hitherto incurable complaints,

being also discovered within our own times, and with the advance of Scientific knowledge and active research in every domain of Chemistry, Electricity, Physics, Physiology and Pathology, carried on by the most competent and careful observers of the day, it is impossible to foresee what the near future may hold for the world in the way of discovery of new and rapid methods of treating and curing many affections and ills which the Human race is subject to, and which up till now have been treated with only partial success, or with none at all.

The question of the employment of Finsen Rays in cases of Lupus has been discussed fully in the medical world. Not all that has been claimed for these Rays has, on further and fuller employment of them, been maintained, but the use of the Rays in treating Scars, and other affections of the Skin of the Face and Neck, has been attended by most remarkable and satisfactory results. Scars left by healed wounds have been quite obliterated, and in many other cases very striking effects have

been obtained where there was some condition due to the interference of the nutrition of the Cutaneous tissues, or depending on some special tissue change. I have no doubt but that this treatment will become much more general in a very few years, and for a variety of Skin affections, but the apparatus which is employed for these cases is a special one, and the Rays must be of great power, and employed with a complete knowledge of their action, and the effects they will produce under proper conditions. The "light cure," as it is termed, appears to increase the activity of the cells of the Tissues, as well as their power of repairing injury, and arresting and repairing degenerate processes in the Skin, and is of incalculable value in most affections, blemishes, and defects of the Face and Scalp. I have under my care a case where these Rays have caused to disappear a troublesome Skin affection, which had resisted all treatment hitherto used for it, and I am quite convinced that for restoring the tone and improving the nutrition of the facial Skin, there is no more speedy and better way than

the combination of Electricity, in a form suited to the case for which is employed, and the use of the "light cure" or Finsen Rays, which have the further advantage of being perfectly free from causing any pain, or discomfort whatever to the patient, and this is a great point to consider in persons of nervous temperament, and for those who, being unacquainted with the employment of the latest methods of treatment known to medical science, are often afraid of what they do not understand, or what is new to them.











27.D.60.

The skin and skin quacks. 1904

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